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EVERYDAY  
MENUS

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FRUIT FOR THE FIRST COURSE.

ELIZABETH CRAIG'S HOUSEHOLD LIBRARY

# 1500 EVERYDAY MENUS

Daily Menus for a year with  
200 Menus for special occasions.  
Illustrated by photographs and  
with decorations by  
Lucy Gee



COLLINS  
48 PALL MALL

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# CONTENTS

	PAGE
<b>INTRODUCTION</b>	<b>ix</b>
<b>JANUARY:</b>	
First Week	1
Second Week	4
Third Week	8
Fourth Week	11
<b>FEBRUARY:</b>	
First Week	15
Second Week	18
Third Week	22
Fourth Week	25
<b>MARCH:</b>	
First Week	29
Second Week	32
Third Week	36
Fourth Week	39
<b>APRIL:</b>	
First Week	43
Second Week	46
Third Week	50
Fourth Week	53
<b>MAY:</b>	
First Week	57
Second Week	60
Third Week	64
Fourth Week	67
<b>JUNE:</b>	
First Week	71
Second Week	74
Third Week	78
Fourth Week	81
<b>JULY:</b>	
First Week	85
Second Week	88
Third Week	92
Fourth Week	95

## CONTENTS

---

	PAGE
<b>AUGUST:</b>	99
First Week	99
Second Week	102
Third Week	106
Fourth Week	109
<b>SEPTEMBER:</b>	113
First Week	113
Second Week	116
Third Week	120
Fourth Week	123
<b>OCTOBER:</b>	127
First Week	127
Second Week	130
Third Week	134
Fourth Week	137
<b>NOVEMBER:</b>	141
First Week	141
Second Week	144
Third Week	148
Fourth Week	151
<b>DECEMBER:</b>	155
First Week	155
Second Week	158
Third Week	162
Fourth Week	165
<b>MEATLESS MENUS FOR A WEEK</b>	169
<b>FOUR COCKTAIL PARTY MENUS</b>	172
<b>SLIMMING MENUS FOR A WEEK</b>	173
<b>FATTENING MENUS FOR A WEEK</b>	177
<b>A WEEK'S MENUS FOR BUSINESS GIRLS</b>	181
<b>A WEEK'S MENUS FOR 6 PEOPLE AT 10/- PER HEAD</b>	185
<b>A WEEK'S MENUS FOR CAMPERS</b>	189
<b>A WEEK'S MENUS FOR A WORKING MAN</b>	193
<b>FOURTEEN DINNER MENUS FOR YOUNG CHILDREN</b>	197
<b>SIX SCHOOL LUNCH BOXES</b>	200
<b>INDEX AND PRONOUNCING GLOSSARY</b>	201

## ILLUSTRATIONS

FRUIT FOR THE FIRST COURSE	<i>Frontispiece</i>
TO SERVE HORS D'ŒUVRES	<i>facing page</i> 13
GARNISH CLEAR SOUP WITH GREEN PEAS OR DICED VEGETABLES	26
HOME MADE SIMNEL CAKE	41
DECORATION FOR A TRIFLE, USING WHIPPED CREAM AND RATAFIAS	54
PETITS FOURS AND ICE CREAM: A SUMMER SWEET	68
LIGHT AND DARK MIXTURE IN MARBLE CAKE	97
COLD FIRST COURSE: EGGS TOPPED WITH STUFFED OLIVES	110

*With decorations in line  
by Lucy Gee*



## INTRODUCTION

*If you want to make the best use of my menus, read these notes carefully first.* Hundreds of people have written to me asking for help in planning their menus, and this book is my answer to their problems. You should find, therefore, that it helps you over most of your difficulties, and if you use it regularly and adapt its advice to your own special needs, the task of providing varied meals throughout the year to meet the tastes of your own household will become as fascinating to you as I find it myself.

It's quite useless to suggest expensive dishes to you, or obscure foreign recipes, or foods out of season, or complicated dishes which are difficult to cook, or meals which are not properly balanced from the health point of view, so you will find that the fare suggested in my menus is the kind that you and your household have grown to like, using foods which you can readily obtain, and that it is, above all, well within the reach of the modest purse. Remember, too, that I've made use of left-overs, when I have thought that they would be available, introduced seasonal foods as much as possible, and varied the style of meals according to the season.

### HOW THE DAILY MENUS ARE ARRANGED

It's quite possible to follow these menus week by week for the whole year; but whether you do this, or whether you prefer to dip into them occasionally or for special purposes, I would advise you to begin on *Sunday*, so that you can make the best use of left-overs. The menus are arranged month by month, each month beginning on a Sunday, so if you wish to follow my suggestions systematically it would be best to begin on the *first Sunday in the month*.

As the months vary in the number of days they contain, I have given four weeks to each month only, but you will have

## INTRODUCTION

no difficulty in filling in the remaining days from previous menus, so that you can begin in the new month on the first Sunday again.

WHERE SHALL I FIND THE RECIPES?—I have been careful to use only those foods which can be readily and cheaply obtained in most parts of the country, and to suggest dishes which are comparatively simple to plan and cook. Plenty of variety is of course essential if your household is to enjoy the meals you prepare, so here and there I have introduced dishes which I have found especially attractive, but which may be unfamiliar to you. Recipes for these you will find in the notes at the foot of each page (indicated in the index by numbers in italic type). Most of the other recipes (except those which are usually bought ready made) can be found in any good general cookery book—all of them will be found in the *Cookery* volume in *Elizabeth Craig's Household Library*.

MAKING THE MOST OF LEFT-OVERS.—If you discover, as you may, particularly in the High Tea Menus, that you have left-overs which I haven't taken into consideration, substitute dishes made from them for the dish I suggest, and in the case of cake or tea-bread, omit one of the suggested cakes from the following days and use the left-over instead. Please also note that if you are catering for two only, and you've no small pots of preserve, it is better to serve one kind at successive breakfasts until the pot is finished, than to ring the changes I've suggested and have several pots open at once. On the other hand, if you want variety, the preserves will keep if the pots are re-covered every time a supply is taken from them.

If, on the other hand, I've sometimes suggested dishes made from left-overs, and having had to cater for more than four persons you've no left-overs to take into account, substitute another dish for the one suggested. To give you an example, if a shoulder of lamb which was intended to be served hot for dinner, and cold with salad for lunch on the following day, has to serve double the number of people expected, substitute glassed brawn, ham or tongue for the cold lamb. If the hot lamb is required for only one or two extra, eke out the remainder with glassed brawn or tongue. If you have a left-over food and you wish to find a recipe for it, or a menu to build round it refer to it in the index,

## INTRODUCTION

where you will find a list of the dishes and menus suitable. In the menus themselves, the dishes made from left-overs (except cold meat used on the second day) are marked (L).

**SEASONAL FOODS.**—If the seasonal food suggested is not obtainable in your part of the world at the time given, it will be necessary for you to adjust the menus to suit your local market. Sometimes, owing to an early summer, certain fruits and vegetables are in season earlier than I've allowed for; or sometimes, when the weather has been cold or wet, they're later. In either case, when faced with a dish that calls for a fruit or vegetable not in season, substitute canned fruit or vegetables, or a similar dish, so as not to spoil the balance of your menu.

You will notice that as the seasons change I've altered the menus to suit. You should lighten your fare as the days grow longer and make it more substantial as the nights creep in. If you don't care for cold dinner menus, even in the hottest weather, start with iced melon, grapefruit, fruit cocktail, or iced consommé, then ring the changes between baked or steamed fish, fish loaf, roast birds, grilled cutlets, creamed sweet-breads, etc., and conclude with a cold sweet. If you don't always care for hot menus in cold weather, begin with broth or a cream soup, follow with a joint, meat pie, casserole of meat, or roast or boiled fowl, etc., and finish with a cold sweet.

## ADAPTING THE MENUS TO SUIT YOUR TASTE

If any of the daily menus are too long, omit a course to suit your taste. Please don't think that I've neglected those people who prefer a simple midday dinner and high tea or supper, to lunch and late dinner. Not at all. For a simple midday dinner, delete the course or courses not wanted from the dinner menus given. If you serve afternoon tea, follow the high tea menus after deleting meat and fruit courses. If you like, you may substitute the savoury course suggested for lunch or supper, when suitable, for the savoury course suggested in high tea menus. If you or your family have a sweet tooth, omit the savoury course. If you prefer savouries, omit the sweet course. If the menus are the length you like, and you've a sweet tooth, start with grapefruit,

## INTRODUCTION

fruit cocktail or melon, and end with a sweet; or start with soup, smoked salmon, hors d'oeuvres, or in the case of lunch or supper an egg or fish dish, and end with a sweet and dessert. If you've a savoury tooth, however, substitute a savoury for the sweet, and if the menu already ends with a savoury and starts with grapefruit, fruit cocktail or melon, substitute soup, smoked salmon, hors d'oeuvres, or a liver pâté for the first course.

If the menus are too short, and there is no fish course included, add a fish course. If there's a fish course, and no savoury, add a savoury. That is, unless you prefer to add dessert.

I have not included cereals (such as porridge, or one of the many specially-treated forms of wheat, barley or rice) in the breakfast menus, because I wanted this book to cater for the majority, and it is easier to add a cereal and keep a balanced menu than to take one away. If your household likes cereals, remember to cut down the starchy foods in the rest of the menu. Thus you should not serve a cereal as well as a dish composed partly of rice or potatoes, or as well as waffles. *Always be careful not to plan too starchy menus.*

I have not always suggested fish only as the main dish on Fridays. You can, if you like, omit the meat dish from the menu and serve only fish, or add a savoury dish to the menu as well.

**THE UNEXPECTED GUEST.**—To eke out courses so that there is sufficient for the unexpected guest, you should call upon your store cupboard to help you. Let me give you some suggestions for eking out a menu for dinner:

**Soup.**—Add stock and cooked or canned vegetables, or add canned soup to make quantity required.

**Fish.**—If boiled or steamed, serve with lobster or shrimp sauce and increase the quantity of potatoes. If fried, increase the quantity of potatoes, and add salad.

**Meat.**—If joints, increase vegetables and gravy. If fried or grilled, turn into a mixed "Fry" or "Grill" and increase vegetables. If a casserole, add a can of beans or peas and sliced bottled mushrooms just before serving, and reheat. Increase quantity of potatoes.

**Poultry.**—Add grilled bacon rolls, or sausages or forcemeat balls to dish already planned. Increase vegetables and sauces.

**Hot Sweets.**—Serve canned fruit, or fruit salad in addition.

## INTRODUCTION

*Cold Sweets*.—Serve canned fruit with moulds. Serve stewed fruit with fancy biscuits kept in a tin, or with sweet wafers.

*Savouries*.—Keep a tin of cheese straws. Heat and pass round with savoury.

*Vegetables*.—*Green Peas*: Add part of a can of carrots, sliced and heated in butter. *French Beans*: Make a dish of spaghetti, garnished with tomato sauce, and arrange the buttered beans round. *Greens* (Brussels sprouts, celery, cauliflower, etc.): Serve as prepared and heat up and butter a can of contrasting vegetables.

### QUANTITIES OF FOOD TO ALLOW IN YOUR MENUS

THE recipes I have given in the notes to the daily menus are intended for four persons; but, if your family is larger or smaller, you can increase or decrease the ingredients in the recipes accordingly. The following will give you a guide to how much food to allow for an adult portion:

*Fish*.— $\frac{1}{2}$  lb. whole or with bone; 5 $\frac{1}{2}$  oz. filleted fish.

*Meat*.—4-5 $\frac{1}{2}$  oz. solid meat; 7 oz. with bone.

*Greens*.— $\frac{1}{2}$  lb.

*Potatoes*.—When old, 2 or 3 according to size. When new, 4-6. Allow 1 lb. for 3 persons; 2 lb. for 6 persons.

*Beans, Broad*.—1 lb. in the pods.

*Beans, String*.—5 oz.

*Cabbage*.—A quarter of a large one.

*Carrots*.—4-4 $\frac{1}{2}$  oz.

*Cauliflower*.—A quarter of a medium-sized one.

*Leeks*.—2 or 3.

*Marrow*.—A quarter of a medium-sized one.

*Onions*.— $\frac{1}{2}$  lb.

*Parsnips*.— $\frac{1}{2}$  lb.

*Peas*.—1 gill shelled.

*Turnips*.—3 $\frac{1}{2}$ -4 oz.

### TO SAVE WASTE IN THE KITCHEN

IT is almost impossible to avoid a certain amount of waste in your kitchen, especially in the hot weather, unless you have a refrigerator. Even in the best regulated households, it sometimes happens that food ordered cannot be used at once on account of an unexpected invitation to lunch, dinner or supper, or on account of illness. If you haven't a refrigerator, you may be able to save it by cooking and storing it in your larder; but it depends on the kind of food concerned. If you have a refrigerator, emergencies of this kind need never worry you.

## INTRODUCTION

To eliminate waste, make full use of left-overs as they crop up—if you haven't a refrigerator to keep them fresh. You must also shop carefully to avoid waste. To give you an example, if you're tempted to buy more than you need of some perishable food, such as fish or meat, on account of its cheapness, you may have to find it a home in the dustbin. When you haven't a refrigerator, be careful to buy perishables daily in the hot weather, and only as much as you require, unless it is food that will keep in good condition when cooked. In cold weather you can save money by taking advantage of cheap offers, as you know the food will keep fresh.

Most housewives imagine that by planning menus far ahead they can avoid waste in the kitchen. My experience is usually the opposite. I find it more economical, as a rule, to plan menus from day to day, in order to use up any left-over food and take advantage of daily offers; but I shop with my eye on my general needs about three days ahead. However, this is a matter which each housewife must decide for herself. If you do your shopping personally, I consider day-to-day planning the most economical. If you shop by telephone, by post, or order from the tradesmen at the door, you'll have to plan ahead, even though it may mean that you have to change some of your menus on account of unexpected callers or invitations.

## TO PLAN BALANCED MEALS

If you want all the members of your family to feel well and able to enjoy both work and play, you must cater for them so that they not only have plenty of food, but the right kind of food. If you do this, you'll ward off anæmia, constipation and malnutrition. Only remember, when catering, that brain-workers need less carbohydrates and fats and more proteins than those who do manual labour or indulge in open-air exercises and sports.

To be sure that every member of your family is having nourishing food, you must: (1) Familiarise yourself with the different classes of food essential to life; (2) commit to memory

## INTRODUCTION

the foods in each class. Thus eggs and milk come under *Proteins*. Butter and nuts come under *Fats*.

A perfect menu should be well balanced. This means that it should be composed of dishes made from the different classes of foods essential to life. The body needs food to build it, food to help it fight disease, food to keep it in perfect running order, and food to keep it warm and supplied with power to work. The following are the classes into which foods are divided:

**BODY BUILDERS.**—These form bones, muscles and tissues, and are essential for the repair of waste tissues. *Proteins* are the chief body builders. *Minerals* are also useful in building tissue, etc.

**ENERGY AND HEAT SUPPLIERS.**—*Carbohydrates* include every kind of starchy and sweet food. They keep the body warm and furnish it with energy for work or play. *Fats* include all edible fats and oils.

**CORRECTIVE FOODS.**—Cleanse the body and regulate the action of the bowels.

**DISSOLVENTS.**—Keep the body in perfect running order, helping in elimination, etc.

**VITAMINS.**—Are essential to life.

Now let me give you a list of the different foods in each class from which you can choose when planning well-balanced menus. *Choose one protein, two fats, two minerals, two dissolvents, three carbohydrates, one or two corrective foods, and one or two vitamins.*

**Proteins.**—Cheese, eggs, fish, game, meat, milk, poultry, dried beans, lentils and peas, nuts, oatmeal, etc., and all dishes made from one or more of these foods.

**Fats.**—Butter, cream, chocolate, oily fish, bacon, ham, pork, nuts, salad dressings made with oil, fat meat, cream soups, margarine, sausages; all dishes made with cream; biscuits, cakes or pastry containing fat; any breakfast or tea-breads; suet puddings; rich gravies and sauces, foods cooked in deep or shallow fat, etc.

**Minerals.**—Apricots, kidneys, liver, whole-grain cereals, milk, green salads, egg yolks, lean meat; dried beans, lentils and peas, and all dried fruits, etc.

**Dissolvents.**—Buttermilk, cocoa, coffee, tea; all soups, non-alcoholic drinks, water and all watery foods and vegetables, such as melon, marrow, cucumber, grapes, etc. .

## INTRODUCTION

*Carbohydrates.*—(Starchy foods) Bread, biscuits, cakes, cereals, bananas; all baked, boiled or steamed puddings made from bread, cornflour, flour, ground rice, semolina, rice, tapioca, sago, etc.; all root and other starchy vegetables; macaroni, spaghetti, vermicelli, etc. (Sweet foods) Cakes, confectionery, cocoa, honey and all preserves; sweet desserts, including sweetened stewed fruit and fruit salad, and sweetened tea or coffee. *Choose two foods from the starchy class and one from the sweet.*

*Corrective Foods.*—Coarse cereals, grapes, apples, pears, figs, dates, raisins, prunes, grapefruit, orange and tomato juice, and all unpeeled fruits; rhubarb, fruit drinks and jellies; spinach and other greens, green salads; buttermilk, boiled or steamed celery, beans, peas, cabbage, cauliflower and parsnips, and all wholewheat bread and scones, etc.

*Vitamins.*—Grapefruit, lemons, oranges, pineapple, tomatoes, raw carrots, green salads, raw onions, cabbage, peas, swedes, etc., eggs, cereals and milk.

When planning each meal, if you remember roughly that bulky, starchy foods should predominate, that proteins should rank second, and fats and sweets third, you won't go far wrong, so long as you introduce enough liquid to act as a distributor and dissolving agent.

If you don't wish to refer to these classes, every time you plan a meal, why not take the easy way, and divide your weekly food allowance so that you automatically balance your menus as you go along. The best way to divide your allowance is into fifths:

1. Bread and cereals.
2. Cheese and milk.
3. Eggs, fish and meat.
4. Fruit and vegetables.
5. Groceries (dried fruits, fats, flour, sugar, etc.)

Milk is the best body-builder children can have; but if you have no children to consider, only allow one-tenth for the second section, and give part of the remaining tenth to the allowance for eggs, fish and meat, and part to the allowance for fruit and vegetables. Remember, when shopping, that potatoes are valuable fuel providers— $5\frac{1}{2}$  lb. of potatoes are equal in food value to 1 lb. flour of rice, or other granular food.

When planning your daily menus, see that the following

## INTRODUCTION

foods are included: (a) Milk; (b) butter; (c) eggs in some form; (d) meat, with a little fat; (e) bread, and another cereal or a pudding made of a cereal; (f) one or two fruits and vegetables; (g) sugar in the form of jam, jelly or honey, as well as in cakes, puddings or pastry, and cocoa, coffee or tea. Twice or thrice weekly ring the changes between fish, game, liver, kidneys, poultry and other lean meats. Serve also cheese, tomatoes, raw fruit, green salad, and dried beans, lentils or split peas. When it is necessary to keep down the food bill, the following hints are worth noting:

- (1) Dripping has as much food value as butter.
- (2) Cheap cheeses furnish as much vitamin as the more expensive ones.
- (3) Inexpensive fruits are just as valuable as the more expensive ones.
- (4) Cheap grapefruit and oranges, though they may not look attractive, can be squeezed to provide juice, which is just as valuable as fruit served whole.

### ORDER OF COOKING MEALS

To be able to serve meals at appointed hours, you must analyse your menus before you start to cook, or the courses may not be ready in their proper order. If any stuffings for birds or joints are required, or if any ingredient of any course needs to be chopped, minced or sieved, cleaned or partly cooked, do this first of all. Then, taking into account the time each course requires cooking as well as its place in the menu, prepare and cook dishes so that they will be ready just before they require to be served. If you are a single-handed housekeeper you need not consider the place of the dish in the menu, unless it be a casserole or a pudding that can be left to cook without attention. For example, you'll have to prepare any fried or grilled food in advance of the meal. Casseroles or joints, baked, boiled or steamed puddings, scalloped savoury dishes, etc., should be put into the oven, or on the stove in the case of boiled or steamed foods, for the length of time they require, less the time they will be cooking while the meal is in process.

Never try to cook a meal in the order of courses. Always

## INTRODUCTION

work out the time required for each course in relation to its place in the menu, and prepare and cook accordingly. If any course is prepared without cooking, always make it in advance. If you are preparing an elaborate dinner, or a menu which includes an elaborate entrée, remember that sauces, as well as vegetables, can be kept hot in the top of a double boiler.

### THE SPECIAL MENUS

THE Special Menus I have added at the end of the book are a mixed selection planned in response to frequent requests from my readers. The notes I have given you in this introduction apply in general to the Special Menus, but where differences arise you will find that I have dealt with them in the introduction to each kind.

Now, what will you have?

*Elizabeth Craig*  
Elizabeth Craig

# *January*





# JANUARY: FIRST WEEK

## SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Grapefruit	Sliced Tongue	Tomato Chutney	
Scrambled Eggs	Grilled Bacon	Baked Potatoes	Beetroot Salad
Toast	Brown Bread		
Orange Marmalade		Pears and Cream	
Tea or Coffee	Toast	Stilton Cheese	Celery

## High Tea

<i>Breakfast</i>	<i>Dinner</i>		
Sardines-on-Toast	Tomato Soup		
White Bread	Roast Beef	Yorkshire Pudding	
Teacakes	Roast Potatoes	Brussels Sprouts	
Chocolate Macaroons			
Gingerbread	Apple Tart	and Cream	
Green Grapes			Welsh Rarebit

## MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Apples	Toad-in-the-Hole		
Tongue Omelet (L)	Tomato Salad		
Toast	Stewed Prunes and Custard Sauce		
Honey	Biscuits	Spring Onions	
Tea or Coffee			Gervais Cheese

## High Tea

<i>Breakfast</i>	<i>Dinner</i>		
Stuffed Eggs	Watercress		
Brown and White Bread	Cream of Artichokes		
Drop Scones	Salmon Soufflé		
Almond Shortcake	Grilled Mutton Chops		
Fruit Cake	Sauté Potatoes	Cauliflower	
Spanish Melon			Peach Betty

NOTE: Add Dessert to Sunday's Dinner, and Roes on Toast to Monday's Dinner, if liked. <sup>1</sup>Salmon Soufflé.—Stir 2 cups flaked, canned salmon into 1½ cups well-seasoned, thick, white sauce. Beat in 3 egg yolks, one at a time. Season, then cool. Fold in 3 stiffly-whipped egg whites. Bake in a buttered fireproof dish, in a hot oven, from 20-30 minutes.

# JANUARY: FIRST WEEK

## TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes (L)	Curried Beef (L)
Fried Pork Sausages	Boiled Rice
Fried Apples	Apple Chutney
Rolls Toast Lemon Marmalade	Gherkins
Tea or Coffee	Vanilla Blancmange
	Pineapple Slices
	Rusks Cheshire Cheese
<i>High Tea</i>	<i>Dinner</i>
Stuffed Tomatoes	Scotch Broth
White Bread	Grilled Herrings Mustard Sauce
Raisin Bread (L) Crumpets	Casserole of Pork
Orange Layer Cake	Mashed Potatoes Buttered Kale
Chocolate Biscuits	Apricot Soufflé
Apples	

## WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Fish and Chips
Kedgeree	Lettuce and Tomato Salad
Toast Brown Bread	Baked Apples Custard Sauce
Honey	Oatcakes Watercress
Tea or Coffee	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Pork Pie Potato Salad	Hors d'Œuvres
Soda Bread Krapfen <sup>3</sup>	Cream of Green Peas
Queen Drops Oven Scones	Roast Chicken Bread Sauce
German Pound Cake	Potato Crisps Celery
Eclairs	Baked Chocolate Pudding <sup>1</sup> .
Black Grapes	Whipped Cream

NOTE: Add Biscuits and Cheese to Tuesday's Dinner, and Dessert to Wednesday's, if liked. Stuff Chicken before roasting. <sup>1</sup>*Baked Chocolate Pudding*.—Soak  $\frac{1}{2}$  cup breadcrumbs in  $1\frac{1}{2}$  cups boiling milk for half an hour. Melt 1 oz. unsweetened chocolate. Stir in  $\frac{1}{2}$  cup castor sugar and  $\frac{1}{2}$  cup milk. Beat mixture into crumbs. Add pinch salt,  $\frac{1}{2}$  teaspoon vanilla and 1 beaten egg. Bake in buttered pie-dish in moderate oven till set. <sup>3</sup> p. 159.

# JANUARY: FIRST WEEK

## THURSDAY

### Breakfast

Mandarins  
 Grilled Kidneys and Bacon  
 Toast Orange Marmalade  
 Tea or Coffee

### Lunch or Supper

Tripe and Onions  
 Mashed Potatoes  
 Fruit Salad and Cream  
 Biscuits Gruyère Cheese

### High Tea

Fried Fish and Chips  
 Hot Buttered Toast  
 Flannel Cakes Currant Bread  
 Coffee Macaroons  
 Orange Layer Cake  
 Fruit Salad

### Dinner

Smoked Salmon  
 Grilled Hamburg Steaks  
 Scalloped Potatoes  
 Braised Onions  
 Loganberry Charlotte  
 Chicken Liver Rolls<sup>a</sup> (L)

## FRIDAY

### Breakfast

Grapefruit  
 Fried Salmon Cakes  
 Toast Brown Bread  
 Lemon Marmalade  
 Tea or Coffee

### Lunch or Supper

Belgian Rice  
 Stewed Figs Custard Sauce  
 Oatcakes Radishes  
 Cream Cheese

### High Tea

Eggs and Bacon Scramble  
 Toasted Muffins  
 White Bread  
 Flapjacks<sup>b</sup> Chelsea Buns  
 Chocolate Swiss Roll  
 Ratafia Cheese Cakes  
 Stewed Pears

### Dinner

Lentil Purée  
 Fried Whitebait  
 Scotch Boiled Silverside  
 Carrots Onions Turnips  
 Dumplings Potatoes  
 Ritz Creams<sup>b</sup>

NOTE: Add Scalloped Crab to Thursday's Dinner and Anchovy Canapés to Friday's, if liked. Serve Fried Croûtons with Lentil Purée. <sup>1</sup>Chicken Liver Rolls.—Cut livers into small pieces. Season. Roll each in half rasher bacon. Skewer and grill. Serve on toast. <sup>2</sup>Ritz Creams.—Put 1 tablespoon diced pineapple at the bottom of each sundae glass. Cover with mashed banana. Sprinkle with grated chocolate. <sup>b</sup> p. 129.

# JANUARY: SECOND WEEK

## SATURDAY

### Breakfast

Stewed Figs (L)  
Grilled Kippers  
Toast Rolls  
Honey  
Tea or Coffee

### Lunch or Supper

Cold Silverside Pickles  
Russian Salad  
Blackcap Pudding  
Toast Celery  
Bel Paese Cheese

### High Tea

Sausage Rolls Celery  
Devonshire Splits  
Sultana Malt Bread  
Doughnuts  
Chocolate Swiss Roll (L)  
Petits Fours  
Fruit Salad

### Dinner

Liver Pâté Toast  
Roast Pheasant  
Bread Sauce Fried Crumbs  
Potato Straws Stewed Cabbage<sup>3</sup>  
Apricot Fool (L)  
Fried Oysters

## SUNDAY

### Breakfast

Grapefruit  
Fried Tomato Sausages  
Fried Bread Fried Apples  
Toast Oatcakes  
Damson Jelly  
Tea or Coffee

### Lunch or Supper

Vegetable Broth  
Melton Mowbray Pie  
Potato, Celery and Onion Salad  
Grape Jelly<sup>1</sup>  
Whipped Cream

### High Tea

Pheasant Paste (L) Watercress  
Hot Buttered Toast  
Dough Cake  
Milk Scones Cream Buns  
Nut Rock Cakes Cherry Cake  
Dessert

### Dinner

Chestnut Soup  
Roast Pork Apple Sauce  
Roast Potatoes Braised Celery  
Fruit Compôte<sup>2</sup> Cream  
Cauliflower Cheese<sup>4</sup>

NOTE: Add Tomato Bouillon to Saturday's Dinner, if liked. Serve Strawberry Jam and Whipped Cream with Devonshire Splits. If liked, substitute Cold Ham, Chutney and Salad for Pheasant Paste at Sunday's High Tea. <sup>1</sup>Grape Jelly.—Add peeled, seeded grapes to taste to lemon jelly. <sup>2</sup>Fruit Compôte.—Mix canned Pineapple and Mandarins with Apple, Pear, Banana and Grapes or Cherries, or a combination of the above in your favourite proportions. <sup>3</sup>p. 28; <sup>4</sup>p. 53.

## JANUARY: SECOND WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple Rings	Fish Croquettes
Fried Egg, Bacon and Tomato	Tomato Sauce
Toasted Brown Bread	Baked Rice Pudding
Orange Marmalade	Stewed Dried Apricots
Tea or Coffee	Biscuits Radishes
	Stilton Cheese
<i>High Tea</i>	<i>Dinner</i>
Pressed Beef	Oxtail Soup
Egg and Lettuce Mayonnaise	Cold Pork Apple Chutney
Brown Bread Dough Cake (L)	Creamed Potatoes
Cherry Cake (L)	Beetroot Salad
Coconut Biscuits	Pineapple Flan
Chocolate Eclairs	Tunny Fish Canapés
Dates and Tangerines	

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Mandarins	Pork Terrapin <sup>1</sup> (L)
Fried Bloater	Baked Custard
Toast Rolls	Stewed Apples
Ginger Marmalade	Oatcakes Celery
Tea or Coffee	Cheddar Cheese
<i>High Tea</i>	<i>Dinner</i>
Baked Haddock	Fruit Cocktail
White Bread Currant Bread	Crab Croquettes
Oven Scones	Jugged Hare
Hawaiian Layer Cake	Mashed Potatoes Buttered Savoy
Ginger Nuts	Cottage Puddings
Peaches and Cream	Hot Cheese Tartlets

NOTE: Add Lobster au Gratin (glassed) to Dinner on Monday, if liked.  
<sup>1</sup>Terrapin.—Melt 3 tablespoons butter in a double boiler. Stir in 3 tablespoons flour. When frothy, add 1½ cups milk. Stir till boiling and smooth. Season. Add 2½ cups diced meat, 3 chopped hard-boiled eggs, 1 tablespoon minced celery. When hot, stir in 2 tablespoons Sherry or cream. Serve on fried bread.

## JANUARY: SECOND WEEK

### WEDNESDAY

#### *Breakfast*

Apples  
Grilled Ham and Tomatoes  
Toast Marmalade  
Waffles and Maple Syrup  
Tea or Coffee

#### *High Tea*

Fried Herrings  
Watercress Salad  
Brown Bread Soda Scones  
Caramel Rolls Ribbon Cake  
Short Biscuits  
Oranges

#### *Lunch or Supper*

Haricot Mutton Mashed Potatoes  
Hot Syrup Roll  
Toast Cream Cheese  
Watercress

#### *Dinner*

Purée of Beans  
Grilled Mackerel  
Maître d'Hôtel Butter  
Boiled Fowl Caper Sauce  
Riced Potatoes Peas Carrots  
Macedoine of Fruit

### THURSDAY

#### *Breakfast*

Fried Sausages Apple Slices  
Toast Potato Pancakes<sup>1</sup>  
Red Currant Jelly  
Tea or Coffee

#### *Lunch or Supper*

Onion Soup<sup>2</sup>  
Fried Plaice and Chips  
Tomato Sauce  
Chocolate Blancmange  
Mandarin Fingers

#### *High Tea*

Buck Rarebit<sup>3</sup>  
Crumpets Currant Buns  
Wheaten Nut Bread  
Spiced Layer Cake  
Date Drops  
Pears

#### *Dinner*

Hors d'Œuvres  
Scallops of Brill  
Grilled Steak and Onions  
Potato Crisps Grilled Tomatoes  
Baked Semolina Pudding  
Stewed Figs

NOTE: Add Welsh Rarebit to Wednesday's Dinner, and Chicken Liver Rolls<sup>4</sup> to Thursday's, if liked. <sup>1</sup>*Potato Pancakes.*—Sift  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon salt and  $1\frac{1}{2}$  teaspoons baking powder into a basin. Rub in 2 tablespoons butter. Add 1 cup mashed potato, and milk to make a soft dough. Roll to  $\frac{1}{4}$  inch thickness. Cut into rounds. Fry in the hot fat till brown on both sides. <sup>2</sup>p. 121; <sup>3</sup>p. 143; <sup>4</sup>p. 3

## JANUARY: SECOND WEEK

### *FRIDAY*

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Boiled Cod Anchovy Sauce
Scrambled Eggs	Baked Apple Dumplings
Toasted Brown Bread	Custard Sauce
Lemon Marmalade	Brown Rolls Radishes
Tea or Coffee	Dutch Cheese

### *High Tea*

Salmon Loaf <sup>2</sup>	Chicory Salad	<i>Dinner</i>
White Bread	Toast	Mock Turtle Soup
Wheaten Scones		Casserole of Liver
Balmoral Cheese Cakes		Mashed Potatoes
Coconut Cake		Green Peas
Bananas and Cream		Lemon Meringue Pie
		Cheese Croquettes

### *SATURDAY*

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Kidneys and Tomatoes
Fish Cakes (L)	Fried Potatoes
Tomato Sauce	Baked Fruit Roll
Rolls	Toast Celery
Honey	Cheese
Tea or Coffee	

### *High Tea*

Brown Celery Mayonnaise	<i>Dinner</i>
Brown Oatmeal Bread	Scotch Broth
Welsh Pikelets	Fried Rabbit
Swiss Buns	Sauté Potatoes Chicory Salad
Jap Cakes <sup>3</sup>	Steamed Chocolate Pudding
Chocolate Layer Cake	Cream Sauce <sup>1</sup>
Pineapple	Dessert

NOTE: Add Dessert to Friday's Dinner, and Scallops au Gratin to Saturday's, if liked. Serve Salmon Loaf with Parsley and Egg Sauce, if liked. <sup>1</sup>Cream Sauce.—Beat  $\frac{1}{2}$  cup butter to a cream. Stir in 1 cup sifted icing sugar by degrees, then  $\frac{1}{2}$  teaspoon vanilla essence. Beat  $\frac{1}{2}$  cup thick cream till stiff, and fold into mixture. Serve in a sauceboat. <sup>2</sup>p. 107; <sup>3</sup>p. 130.

## JANUARY: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple (L) or Mandarins	Rabbit Broth (L)
Boiled Eggs	Cold Meat Loaf
Toast Oatcakes	Lyonnaise Potatoes <sup>2</sup>
Strawberry Jam	Pickled Beetroot
Tea or Coffee	Raisin and Walnut Betty
	Biscuits Watercress
	Danish Blue Cheese
<i>High Tea</i>	
Cheese and Walnut Sandwiches	<i>Dinner</i>
Buttered Shrimp Toasts	Tomato Juice Cocktail <sup>3</sup>
Milk Bread Date Muffins	Roast Beef Yorkshire Pudding
Mocha Layer Cake	Roast Potatoes Buttered Leeks
Genoa Cake Walnut Wafers	Apple Trifle
Dessert	Gruyère Tit-Bits <sup>1</sup>

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Shepherd's Pie (L)
Stewed Finnan Haddock	Buttered Kale
Toast Brown Rolls	Apple Fritters Custard Sauce
Tangerine Marmalade	Wheaten Biscuits Endive Salad
Tea or Coffee	Brie Cheese
<i>High Tea</i>	
Liver Pâté	<i>Dinner</i>
Toast Celery	Cream of Tomatoes
Bath Buns Gingerbread	Baked Ham Corn Fritters <sup>4</sup>
Chocolate Biscuits	Buttered Spinach
Brownies <sup>5</sup> Genoa Cake (L)	Lemon Cheese Tartlets
Oranges	Cauliflower Cheese <sup>6</sup>

NOTE: Serve Cream Crackers lightly buttered, sprinkled with cheese and crisped under the grill with Cocktail. <sup>1</sup>Gruyère Titbits.—Cut thin triangles of bread to fit triangles of Gruyère cheese, sold in cartons. Split cheese horizontally. Sandwich bread with cheese. Fry "pairs" in butter till golden. Serve each on a cocktail stick. <sup>2</sup>p. 42; <sup>3</sup>p. 22; <sup>4</sup>p. 78; <sup>5</sup>p. 53; <sup>6</sup>p. 166.

# JANUARY: THIRD WEEK

## TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Apples		Scotch Collops	
Ham Omelet (L)		Mashed Potatoes	Mashed Turnips
Toast	Brown Bread	Dried Fruit Salad	
Lemon Marmalade		Honeycomb Mould <sup>1</sup>	
Tea or Coffee		Toast	Cheese

<i>High Tea</i>		<i>Dinner</i>	
Scotch Eggs		Clear Soup	Baden-Baden
Lettuce and Tomato Salad		Grilled Lamb Cutlets	
White Bread	Orange Bread	Fried Potatoes	Creamed Spinach
Cream Buns	Raisin Cake	Date Pudding	Custard Sauce
Pitcaithly Bannock		Angels-on-Horseback	
Dessert			

## WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Figs		Cream of Mushrooms	
Fried Kippers		Pork Pie	
Toast	Oatcakes	Mixed Vegetable Salad	
Honey		Compôte of Apricots	
Tea or Coffee		Cream	

<i>High Tea</i>		<i>Dinner</i>	
Finnan Croûtes <sup>1</sup>		Hors d'Œuvres	
Rolls and Butter		Fish au Gratin	
Waffles and Maple Syrup		Roast Stuffed Breast	Veal
Walnut Layer Cake		Potato Balls	Braised Celery
Apricot Tartlets	Coconut Kisses		Pineapple Soufflé
Fruit Salad			

NOTE: Add Fried Smelts with Lemon and thin Brown Bread and Butter to Tuesday's Dinner, and Mushrooms on Toast to Wednesday's, if liked. <sup>1</sup>*Finnan Croûtes*.—Heat 4 heaped tablespoons flaked Finnan haddock with  $\frac{1}{2}$  oz. butter, 1 tablespoon cream, 1 oz. grated cheese, 1 beaten egg, salt and made mustard to taste. When thick, pile on four rounds fried bread, covered with sliced, fried tomato. <sup>2</sup> p. 12.

## JANUARY: THIRD WEEK

### *THURSDAY*

#### *Breakfast*

Orange Juice  
Boiled Eggs  
Toast      Rolls  
Orange Marmalade  
Tea or Coffee

#### *Lunch or Supper*

Fried Liver and Bacon  
Fried Onions   Potato Chips  
Sir Walter Raleigh Pudding<sup>1</sup>  
Biscuits   Watercress  
Cream Cheese

#### *High Tea*

Macaroni Cheese  
Sliced Tomato Salad  
Brown Bread   Sultana Scones  
Strawberry Swiss Roll  
Chocolate Eclairs   Rice Biscuits  
Fresh Pears

#### *Dinner*

Onion Soup  
Grilled Pork Chops  
Chestnut Purée  
Potato Croquettes  
Stewed Apples  
Orange Custard Sauce<sup>2</sup>  
Smoked Roe Canapés

### *FRIDAY*

#### *Breakfast*

Pineapple Juice  
Kedgeree  
Toast   Oatcakes  
Apple Jelly  
Tea or Coffee

#### *Lunch or Supper*

Stewed Rabbit and Onions  
Mashed Potatoes   Buttered Kale  
Baked Sago Pudding  
Stewed Dates  
Toast   Radishes   Cheese

#### *High Tea*

Liver Sausage  
Radishes   Celery  
Toast   Malt Bread  
Bath Buns   Dough Cake  
Chocolate Drops  
Orange Layer Cake  
Dessert

#### *Dinner*

Rabbit Broth (L)  
Fried Fillets of Plaice  
Sauce Tartare  
Mutton Hot-Pot  
Mashed Swedes  
Meringues and Cream

NOTE: <sup>1</sup>*Pudding*.—Mix  $\frac{1}{2}$  lb. breadcrumbs with  $\frac{1}{2}$  lb. butter, 3 oz. brown sugar,  $\frac{1}{2}$  lb. shredded suet, 1 tablespoon flour. Steam in a buttered basin for 3 hours. Serve with Lemon Sauce<sup>3</sup>. <sup>2</sup>*Custard Sauce*.—Beat 2 egg yolks with  $\frac{1}{2}$  cup castor sugar. Add 1 cup milk. Cook over boiling water till thick, stirring constantly. Cool. Stir in 1 tablespoon orange juice and a pinch salt. <sup>3</sup> p. 15.

# JANUARY: FOURTH WEEK

## SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Sliced Peaches		American Grill <sup>1</sup>
Bacon and Eggs		Potato Crisps
Toast	Rolls	Scalloped Tomatoes
Honey		Banana Fool
Tea or Coffee		Biscuit Celery
		Stilton Cheese
<i>High Tea</i>		<i>Dinner</i>
Fried Sausage Cakes		Mulligatawny Soup
Fried Pineapple		Sole Florentine <sup>2</sup>
Brown Bread	Tea Cakes	Steak and Kidney Pie
Devonshire Splits		Riced Potatoes Buttered Greens
Cherry Macaroons	Fruit Cake	Cream Caramel

## SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Figs		Pork Galantine
Grilled Kidneys and Bacon	Bean Salad	Watercress
Toast	Oatcakes	Apple Betty
Lemon Marmalade		Rusks Radishes
Tea or Coffee		Cream Cheese
<i>High Tea</i>		<i>Dinner</i>
Pickled Herring		Cream of Mushrooms
Toast	Soda Bread	Roast Stuffed Shoulder of Mutton
Shortbread	Biscuits	Roast Potatoes Brussels Sprouts
Greengage	Tartlets	Pineapple Trifle
Gingerbread		Kippers au Gratin <sup>2</sup>
Grapes		

NOTE: Add Stuffed Tomatoes to Saturday's Dinner, and Dessert to Sunday's.  
<sup>1</sup>*American Grill*.—Grill 1 lamb cutlet, 1 small slice lamb's liver and 1 rashier bacon for each person. <sup>2</sup>*Kippers au Gratin*.—Remove fillets from 1 large kipper. Grill. Dip in melted butter, then in grated Parmesan. Arrange each on a canapé of buttered toast. Sprinkle with crumbs. Dab with butter. Bake crisp. <sup>2</sup> p. 161.

# JANUARY: FOURTH WEEK

## MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apples	Cold Ham and Tongue
Steamed Eggs	Potato Salad
Toasted Scones	Raisin Rice Pudding
Brown Bread Honey	Toast Lettuce
Tea or Coffee	Wensleydale Cheese

## High Tea

Curried Prawns	<i>Dinner</i>
Raisin Bread Sally Lunn	Clear Soup Colbert
Toasted Crumpets	Cold Mutton Pickles
Flapjacks <sup>2</sup> Fruit Cake (L)	Buttered Artichokes
Canned Figs and Cream	Chicory Salad
	Marmalade Pudding
	Tongue Toasts <sup>1</sup> (L)

## TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Cape Nectarines	Kidneys en Brochette <sup>4</sup>
Fried Bread, Bacon and Tomatoes	Potato Straws
Rolls Oatcakes	Watercress Salad
Red Currant Jelly	Queen's Pudding
Tea or Coffee	Toast Radishes
	Cream Cheese

## High Tea

Crab Rarebit	<i>Dinner</i>
Waffles and Maple Syrup	Minestrone
Scones Raisin Bread (L)	Fried Skate Lemon Butter
Chocolate Macaroons	Casserole of Guinea Fowl
Spiced Layer Cake	Mashed Potatoes Buttered Peas
Oranges	Honeycomb Mould <sup>5</sup>
	Compôte of Pears

NOTE: <sup>1</sup>*Toasts*.—Mix 5 oz. minced tongue with 1 beaten egg yolk, 2 teaspoons cream, minced parsley and seasoning. Spread on buttered toast. Brown under grill. <sup>2</sup>*Mould*.—Soften  $\frac{1}{2}$  oz. gelatine in 1 pint milk. Beat 3 egg yolks. Add 3 oz. sugar, grated rind 1 lemon. Stir into milk. Bring to boil stirring constantly and boil, still stirring, for 3 minutes. Fold in 3 stiffly-beaten egg whites. Add juice of 1 lemon. Chill in a mould. <sup>3</sup> p. 129; <sup>4</sup> p. 63.





TO SERVE HORS D'OEUVRES.

## JANUARY: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Poloni <sup>1</sup>
Fish Cakes	Celery Mayonnaise
Toast      Brown Bread	Cottage Pudding
Lemon Marmalade	Canned Cherries
Tea or Coffee	Biscuits      Watercress
	Gervais Cheese
<i>High Teas</i>	<i>Dinner</i>
Baked Stuffed Eggs	Hors d'Œuvres
White Bread      Date Bread	Scallops au Gratin
Chelsea Buns      Eccles Cakes	Roast Lamb      Mint Sauce
Chocolate Biscuits	Brussels Sprouts      Roast Potatoes
Fruit Salad	Chocolate Cream Pie

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Cold Lamb      Endive Salad
Tomato Omelet	Baked Stuffed Potatoes <sup>2</sup>
Rolls      Oatcakes	Baked Batter Pudding
Honey	Rolls      Celery
Tea or Coffee	Cheddar Cheese

### High Tea

<i>High Tea</i>	<i>Dinner</i>
Lamb Pasties (L)	Split Pea Purée
Watercress Sandwiches	Roast Ptarmigan      Bread Sauce
Nut Bread      Swiss Buns	Creamed Spinach
Welsh Cheese Cakes	Potato Straws
Raspberry Cream Sandwich	Lemon Milk Jelly
Dessert	Stuffed Tomatoes

NOTE: Add Dessert to Wednesday's Dinner, and Prawns Newburg to Thursday's. Serve Fried Crumbs with Ptarmigan, if liked. <sup>1</sup>Poloni.—Put 1 lb. veal and  $\frac{1}{2}$  lb. bacon through a mincer. Add  $\frac{1}{2}$  lb. breadcrumbs, 1 teaspoon minced parsley, pepper, salt and paprika to taste, 2 beaten eggs and stock to moisten. Shape into a roly-poly. Roll in a wet pudding cloth. Secure tightly. Steam for  $\frac{1}{2}$  hours.

# JANUARY: FOURTH WEEK

## FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Stewed Prunes	Scotch Colllops	Mashed Potatoes
	Boiled Eggs	Tapioca	Cream
Toast	Brown Bread	Strawberry	Syrup
	Orange Marmalade	Biscuits	Radishes
	Tea or Coffee		Stilton Cheese
<i>High Tea</i>		<i>Dinner</i>	
	Grilled Herrings	Hotch-Potch	
	Mustard Sauce	Boiled	Hake with Egg Sauce
White Bread	Nut Bread (L)	Fried	Fillet of Steak
Bath Buns	Orange Gems	Sauté	Potatoes Braised Onions
	Chocolate Cake	Stuffed	Baked Apples <sup>1</sup>
	Pears		Whipped Cream

## SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Mandarins	Sausages	and Mash
Fried	Finnan Haddock	Junket	
Rolls	Oatcakes	Stewed	Dried Apricots
	Honey	Toast	Watercress
	Tea or Coffee		Cheshire Cheese
<i>High Tea</i>		<i>Dinner</i>	
Brawn	Egg Mayonnaise	Tomato Soup	
	Brown Bread Toast	Steak	and Kidney Pudding
	Buttered Currant Buns	New Potatoes	Buttered Greens
Gold Cake	Ginger Nuts	Fruit Flan	and Cream
	Dessert	Mushrooms	on Toast

NOTE: Add Cheese Soufflé to Friday's Dinner, and Lobster Croquettes to Saturday's, if liked. Make Croquettes of glassed Lobster. <sup>1</sup>*Stuffed Baked Apples*.—Stuff apples with mincemeat, after peeling and coring. Spread top of each with Demerara sugar mixed to a paste with butter. Place in a buttered fireproof dish, containing water to cover bottom. Cover. Bake for 15 minutes. Uncover. Baste, and finish baking.

*February*





## FEBRUARY: FIRST WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Vegetable Soup
Grilled Gammon Rashers	Cold Veal and Ham Pie
Toast	Green Pea and Onion Salad
Orange Marmalade	Banana Jelly
Tea or Coffee	Whipped Cream
<i>High Tea</i>	<i>Dinner</i>
Ham and Cress Rolls	Mandarin Cocktail
Tomato Sandwiches	Roast Leg of Pork
Bran Muffins	Apple Sauce
Rock Cakes	Roast Potatoes
Chocolate Cream Layer Cake	Buttered Savoy
Coconut Macaroons	Strawberry Shortcake
Stewed Apricots	Wheaten Biscuits
	Celery
	Cheese

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple Slices	Scalloped Spaghetti
Tongue and Egg Scramble	Creamed Spinach
Rolls	Compôte of Plums
Toast	Custard Sauce
Honey	Brown Rolls
Tea or Coffee	Radishes
	Roquefort Cheese
<i>High Tea</i>	<i>Dinner</i>
Grilled Kippers	Brown Soup
Toast	Salmon Cutlets
Cinnamon Rolls	Cold Pork
Jap Cakes <sup>3</sup>	Endive Salad
Madeleines	Buttered Haricot Beans <sup>1</sup>
Oatmeal Biscuits	Ginger Pudding
Fruit Salad	Lemon Sauce <sup>2</sup>

NOTE: Add Dessert to Sunday's Dinner and Cheese Fondue to Monday's. Make Cocktail with canned mandarins, Shortcake with canned berries, and the Compôte with Cape plums. <sup>1</sup>*Buttered Haricot Beans*.—Melt 1½ oz. butter in a saucepan. Stir in juice of ½ lemon, 1 teaspoon minced parsley, and ½ lb. boiled, drained, seasoned haricot beans. <sup>2</sup>*Lemon Sauce*.—Heat golden syrup to taste with lemon juice. <sup>3</sup> p. 130.

## FEBRUARY: FIRST WEEK

### TUESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Grapefruit			Poached Eggs on Spinach
Grilled Bacon	Tomatoes		Steamed Sponge Pudding
Rolls	Toasted Crumpets		Apricot Jam Sauce
Red Currant Jelly			Oatcakes Celery
Tea or Coffee			Stilton Cheese
<i>High Tea</i>			<i>Dinner</i>
Devilled Spaghetti			Salmon Bisque <sup>4</sup>
Lettuce Salad			Curried Pork (L) Boiled Rice
Brown Bread	Treacle Scones <sup>3</sup>		Gooseberry Chutney Green Peas
Doughnuts	Shortbread		Apricot Soufflé
Coffee Eclairs			Mushroom and Tomato Canapés <sup>1</sup>
Dessert			

### WEDNESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Lemon and Orange Juice			Mushroom Omelet (L)
Fried Salmon Cakes (L)			Pear Flan and Cream
Oatcakes	Toast		Biscuits Watercress
Damson Cheese			Gorgonzola Cheese
Tea or Coffee			
<i>High Tea</i>			<i>Dinner</i>
Sardines on Toast			
White Bread	Short Muffins	Baked	
Ratafia Cheese Cakes		Braised Oxtail	
Fruit Drops	Marble Gems	Mashed Potatoes	Cauliflower
Ginger Cake		Rice and Pineapple <sup>2</sup>	
Peaches and Cream		Whipped Cream	

NOTE: Add to Tuesday's Dinner Grilled Sole and Hollandaise Sauce, and Cheese Croquettes to Wednesday's. <sup>1</sup>*Mushroom and Tomato Canapés*.—Spread fried bread with chopped fried bacon and fried tomato. Top with chopped fried mushrooms, seasoned pepper, salt and ground mace. <sup>2</sup>*Rice and Pineapple*.—Mix 2 cups chilled cooked rice with 1 cup whipped cream and 2 cups crushed pineapple. Sweeten to taste. <sup>3</sup> p. 153; <sup>4</sup> p. 87.

## FEBRUARY: FIRST WEEK

### THURSDAY

#### *Breakfast*

Stewed Apples  
Boiled Eggs  
Toast Brown Bread  
Honey  
Tea or Coffee

#### *Lunch or Supper*

Casserole of Tripe<sup>1</sup>  
Mashed Potatoes  
Date Pudding  
Toast Vanilla Sauce  
Radishes  
Cream Cheese

#### *High Tea*

Pressed Beef  
Stuffed Tomato Salad  
Brown Bread Soda Bread  
Bath Buns Dundee Cake<sup>2</sup>  
Chocolate Wafers<sup>3</sup>  
Steamed Rhubarb

#### *Dinner*

Cream of Potato  
Baked Stuffed Sea Bream  
Grilled Lamb Cutlets  
Fried Potatoes Creamed Spinach  
Orange Fritters

### FRIDAY

#### *Breakfast*

Pineapple (L)  
Grilled Kidneys and Bacon  
Toast Oatcakes  
Orange Marmalade  
Tea or Coffee

#### *Lunch or Supper*

Fish Pie<sup>4</sup>  
Endive Salad  
Lemon Blancmange  
Sliced Peaches  
Biscuits Tomatoes  
Camembert Cheese

#### *High Tea*

Prawns and Watercress  
Soda Bread (L) Malt Bread  
Date Muffins Lemon Buns Roast Potatoes Buttered Kale  
Coconut Layer Cake  
Oranges

#### *Dinner*

Kidney Soup  
Stuffed Breast of Veal  
Roast Potatoes Buttered Kale  
Mincemeat Roll  
Welsh Rarebit

NOTE: Add Angels-on-Horseback to Thursday's Dinner, and Dessert to Friday's, if liked. Serve Sea Bream with Caper or Fennel Sauce. <sup>1</sup>Casserole of Tripe.—Fry 4 sliced carrots and 4 sliced onions in 2 tablespoons butter. Place in a casserole with 1 lb. sliced tripe,  $\frac{1}{2}$  pint stock and  $\frac{1}{2}$  pint white wine. Season to taste. Cover. Bake in a slow oven for 6 hours. <sup>2</sup>p. 93; <sup>3</sup>p. 102; <sup>4</sup>p. 79.

## FEBRUARY: SECOND WEEK

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Sliced Peaches (L)		Fried Hamburg Steaks	
Fried Sausage Cakes		Potatoes	Parsnip Balls
Fried Bread	Fried Tomatoes		Banana Custard <sup>1</sup>
Rolls	Toast	Biscuits	Celery
Grapefruit Marmalade			Cheddar Cheese
Tea or Coffee			
<i>High Tea</i>		<i>Dinner</i>	
Eggs au Gratin		Brown Soup	
Lettuce Salad		Sole au Gratin	
White Bread	Dough Cake	Stewed Beef Olives	
	Chelsea Buns	Mashed Potatoes	
Russian Gateau	Macaroons	Buttered Peas	
	Fruit Salad	Chocolate Soufflé	

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Apples		Oyster Stew	
Eggs and Bacon		Rabbit Pie	
Brown Toast	Croissants	Mixed Vegetable Salad	
Lemon Cheese		Cherry Tartlets	
Tea or Coffee		Whipped Cream	
<i>High Tea</i>		<i>Dinner</i>	
Sausage and Bacon Rolls <sup>2</sup>		Grapefruit Cocktail	
Watercress Sandwiches		Roast Turkey	Bread Sauce
Walnut Bread	Nut Rock Cakes	Roast Potatoes	Braised Celery
Tutti Frutti Shortbread		Raspberry Charlotte	
Seed Cake	Cream Horns	Celery	Cheese
Banana and Orange Salad			Digestive Biscuits

NOTE: Make Watercress Sandwiches with brown bread. Serve water biscuits with Oyster Stew (canned oysters). Fill Turkey crop with pork sausage meat and body with veal stuffing enriched with the chopped, fried liver. Garnish with bacon rolls. <sup>1</sup>Banana Custard.—Slice 3 or 4 bananas into 1 pint cool custard sauce. Serve with cream. <sup>2</sup>Sausage and Bacon Rolls.—Wrap  $\frac{1}{2}$  rashers of bacon round chipolata sausages. Skewer with a cocktail stick and grill.

## FEBRUARY: SECOND WEEK

### MONDAY

#### *Breakfast*

Stewed Prunes  
Grilled Kippers  
Oatcakes Toast  
Orange Marmalade  
Tea or Coffee

#### *High Tea*

Tunny Fish on Toast  
Walnut Bread (L) Oven Scones  
Russian Gingerbread  
Seed Cake (L)  
Flapjacks<sup>3</sup>  
Cherries and Cream

#### *Lunch or Supper*

Macaroni Cheese  
Lettuce and Tomato Salad  
Stewed Dried Apricots Cream  
Biscuits Radishes  
Sour Milk Cheese

#### *Dinner*

Cream of Asparagus  
Cold Turkey Date Chutney  
Stuffed Baked Potatoes<sup>1</sup>  
Celery Mayonnaise  
Jam Omelet  
Cheddar Canapés<sup>2</sup>

### TUESDAY

#### *Breakfast*

Stewed Apricots (L)  
Finnan Kedgeree  
Rolls Toast  
Grapefruit Marmalade  
Tea or Coffee

#### *High Tea*

Grilled Kidneys on Toast  
White Bread Crumpets  
Jam Puffs Coconut Gems  
Wine Biscuits  
Pineapple Layer Cake  
Oranges

#### *Lunch or Supper*

Turkey Pancakes (L)  
Watercress Salad  
Baked Custard  
Steamed Rhubarb  
Oatcakes Tomatoes  
Dutch Cheese

#### *Dinner*

Turkey Soup (L)  
Fillets of Lemon Sole  
Braised Beef and Onions  
Mashed Potatoes  
Buttered Cabbage  
Apple Betty

NOTE: Add Dessert to Monday's Dinner, and Biscuits, Celery and Cheese to Tuesday's, if liked. <sup>1</sup>*Stuffed Baked Potatoes*.—Halve and remove potato from shells. Mash. Add seasoning, butter, hot milk and grated cheese to taste. Return to shells. Brown. <sup>2</sup>*Cheddar Canapés*.—Pound 4 oz. Cheddar cheese with 1 oz. butter. Season with French mustard, tomato catsup, salt and cayenne. Spread on fried bread. Heat under grill. <sup>3</sup> p. 129.

## FEBRUARY: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Italian Spaghetti
Scrambled Eggs on Toast	Tomato Sauce Chicory Salad
Soda Bread Oatcakes	Pears and Custard Sauce
Ginger Marmalade	Toast Radishes
Tea or Coffee	Camembert Cheese

### High Tea

Scotch Colllops	Mashed Potato	<i>Dinner</i>
White Bread	Virginian Muffins	Mandarin Cocktail
Fruit Buns	Eclairs	Roast Stuffed Breast of Lamb
Cherry and Ginger Cake		Roast Potatoes Brussels Sprouts
Banbury Cakes		Butterscotch Pudding <sup>1</sup>
Dessert		Olive Cheese Straws

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grilled Tomato Sausages	Cold Lamb Date Chutney
Fried Apple Slices	Scalloped Potatoes Tomatoes
Toast Rolls	Gooseberry Roly-poly
Lemon Marmalade	Water Biscuits Celery
Tea or Coffee	Gorgonzola Cheese <sup>2</sup>

### High Tea

Salmon Croquettes	<i>Dinner</i>
Milk Bread Corn Bread	Cream of Mushrooms
Wheaten Scones	Braised Halibut
Royal Drops Maids of Honour	Roast Teal Wine Sauce
Cherry and Ginger Cake (L)	Potato Crisps Orange Salad <sup>3</sup>
Pineapple Chunks	Almond Trifle

NOTE: Add Fried Whitebait to Wednesday's Dinner and Dessert to Thursday's, if liked. <sup>1</sup>Butterscotch Pudding.—Melt 1½ oz. castor sugar into a caramel. Stir in 1 cup boiling water, 1 cup brown sugar. When melted, add 2 tablespoons cornflour mixed to a cream with cold water. Stir till smooth. Add 1 oz. butter, pinch of salt, 2 beaten egg yolks. Cool. Cover with meringue. Bake in a moderate oven for 10 minutes. <sup>2</sup>p. 88.

## FEBRUARY: SECOND WEEK

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Apples		Prawn Curry	Boiled Rice
Tomato Omelet		Gingerbread Pudding	
Toasted Crumpets	Rolls	Custard Sauce	
Red Currant Jelly		Biscuits	Watercress
Tea or Coffee		Cream Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Macaroni Cheese		Grapefruit	
Brown Bread		Braised Sweetbreads	
Devonshire Splits		Mashed Potatoes	Buttered Peas
Coffee Buns	Brandy Snaps	Walnut Jelly	
Oxford Plum Cake		Whipped Cream	
Grapes		Roes on Toast	

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Figs		Pork Pie	
Fried Salmon Cakes		Lettuce and Beetroot Salad	
Breakfast Rolls	Toast	Sago Pudding	
Orange Marmalade		Apricot Compôte	
Tea or Coffee		Oatcakes	Radishes
		Caraway Cheese <sup>1</sup>	
<i>High Tea</i>		<i>Dinner</i>	
Scotch Haggis		Hors d'Œuvres	
Tomato Sandwiches		Trout à la Meunière	
Currant Bread		Roast Hazel Hens	
Cinnamon Rolls	Cream Buns	Potato Chips	Endive Salad
Fudge Layer Cake		Creamed Artichokes	
Ayrshire Shortbread		Peach Flan	
Fruit Salad			

NOTE: Add Fried Smelts and Lemon to Friday's Dinner, and Stuffed Celery<sup>2</sup> or Cauliflower Cheese<sup>3</sup> to Saturday's, if liked. <sup>1</sup>Caraway Cheese.—Follow recipe for Sour Milk Cheese. Add caraway seeds to taste and serve on a lettuce leaf. If Scotch Haggis is unobtainable, substitute fried *Meat Cakes* made from minced steak, few stale crumbs, minced onion, salt and pepper to taste, and egg to bind.

<sup>2</sup> p. 26; <sup>3</sup> p. 53.

## FEBRUARY: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Cream of Artichokes
Sausage Cakes and Tomatoes	Fried Cod's Roe Tomato Sauce
Toast	Lyonnaise Potatoes <sup>3</sup>
Oatcakes	Tapioca Cream
Honey	Golden Plums
Tea or Coffee	

### High Tea

Ham Loaf <sup>1</sup>	Celery	Vegetable Broth
Cheese and Walnut Sandwiches		Casserole of Guinea Fowl
Muffins	Fig Biscuits	New Potatoes Green Peas
Strawberry Cream Sandwich		Bilberry Fool
Oxford Plum Cake (L)		Biscuits Lettuce
Compôte of Mandarins		Gorgonzola Cheese

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	
Boiled Eggs	Guinea Fowl Salad (L)
Ham Loaf (L)	Baked Batter Pudding
Toasted Muffins (L)	Lemon Syrup
Brown Bread	Rolls Spring Onions
Lime Marmalade	Cheddar Cheese
Tea or Coffee	

### High Tea

Fried Kippers	Dinner
Toast	Tomato Juice Cocktail <sup>2</sup>
Date Bread	Salmon Cutlets
Coffee Buns	Braised Mutton Chops
Flapjacks <sup>4</sup>	Mashed Potatoes
Dundee Cake <sup>5</sup>	Treacle Tart
Ayrshire Shortbread (L)	Dessert
Dessert	

NOTE: <sup>1</sup>*Ham Loaf*.—Add 1 cup breadcrumbs, 1 beaten egg, seasoning and tomato catsup to taste to 1 lb. minced ham. Moisten with stock. Pack in greased loaf tin. Cover with buttered paper. Bake 1 hour. <sup>2</sup>*Tomato Juice Cocktail*.—Mix 1 cup chilled tomato juice with 1 teaspoon castor sugar, 2 teaspoons lemon juice, pinch salt and cayenne to taste. Serve in cocktail glasses with hot cheese straws.

<sup>3</sup> p. 42; <sup>4</sup> p. 129; <sup>5</sup> p. 93.

## FEBRUARY: THIRD WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Pineapple Chunks		Rabbit Pie
Bacon and Scrambled Eggs		Mixed Vegetable Salad
Soda Bread      Toast		Ground Rice Mould
Orange Marmalade		Raspberry Syrup
Tea or Coffee	Toast      Watercress      Cheese	
<i>High Tea</i>	<i>Dinner</i>	
York Ham and Pickles		Haddock Soup
Potato and Onion Salad		Stuffed Tomatoes <sup>1</sup> (L)
Cress Sandwiches		Casserole of Liver
Bath Buns      Ginger Nuts	New Potatoes      Brussels Sprouts	
Chocolate Cream Sandwich		Fruit Salad
Dundee Cake (L)		Whipped Cream
Apricots and Cream		

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Stewed Prunes		Irish Stew
Fried Sausages and Potatoes (L)	Pineapple Milk Jelly	
Oatcakes      Toast	Sliced Pineapple	
Ginger Marmalade	Digestive Biscuits      Cheese	
Tea or Coffee	Lettuce Salad	
<i>High Tea</i>	<i>Dinner</i>	
Sardines on Toast		Lentil Purée
Watercress		Cod Steaks au Gratin
White Bread      Date Bread (L)	Boiled Fowl	Oatmeal Stuffing
Swiss Roll      Eccles Cakes	Riced Potatoes	Buttered Greens
Devil's Food Cake <sup>2</sup>	Berry Blancmange	
Petit Beurre Biscuits	Anchovy Canapés	
Oranges		

NOTE: Add Cheese Rarebit to Tuesday's Dinner; omit Celery from Wednesday's and add Devilled Kidney Toasts. <sup>1</sup>*Stuffed Tomatoes*.—Remove a thin slice from stem end of tomatoes. Scoop out pulp. Mix with  $\frac{1}{2}$  cup chopped, cooked guinea fowl,  $\frac{1}{2}$  cup breadcrumbs, 1 egg yolk, 1 teaspoon minced onion, 1 tablespoon melted butter,  $\frac{1}{2}$  teaspoon minced parsley, stock to moisten, seasonings. Stuff. Dab with butter. Bake 25 minutes. <sup>2</sup> p. 69.

## FEBRUARY: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Stewed Apples	Grilled Herrings	Mustard Sauce	
Ham Omelet (L)	Chip Potatoes	Lettuce Salad	
Flannel Cakes with Maple Syrup		Cherry Betty	
Toast		Custard Sauce	
Tea or Coffee	Rusks	Celery	Cheese
<i>High Tea</i>	<i>Dinner</i>		
Chicken Croquettes (L)	Giblet Soup (L)		
Malt Fruit Bread	Toast	Hamburg Steaks	
Date Kisses	Madeira Cake	Mashed Potatoes	Glazed Carrots
Vanilla Layer Cake		Steamed Date Pudding	
Chocolate Biscuits		Custard Sauce	
Sliced Peaches		Mushrooms on Toast	

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Orange Juice	Bubble and Squeak		
Stewed Finnan Haddock	Orange Roll		
Rolls	Sweet Vanilla Sauce		
Grapefruit Marmalade	Oatcakes	Spring Onions	
Tea or Coffee		Gervais Cheese	
<i>High Tea</i>	<i>Dinner</i>		
Devilled Spaghetti	Grapefruit		
Tomato and Onion Salad	Roast Spare Ribs of Pork <sup>1</sup>		
White Bread	Fried Apple Rings		
American Ribbon Cake	Roast Potatoes	Buttered Sprouts	
Madeira Cake (L)		Fruit Sponge	
Date Biscuits		Whipped Cream	
Pineapple		Roes on Toast	

NOTE: Add Sole Florentine\* to Thursday's menu, and Scotch Angels-on-Horseback\* to Friday's. <sup>1</sup>*Stuffing for Pork*.—Mix 1 cup breadcrumbs,  $\frac{1}{2}$  cup diced, salt pork fried till crisp,  $\frac{1}{2}$  cup minced onion,  $\frac{1}{2}$  cup minced parsley and seasoning, with 1 cup breadcrumbs. <sup>2</sup>*Scotch Angels*.—Roll 4 inch blocks of Finnan Haddock in  $\frac{1}{2}$  rashers bacon. Grill. Serve with fried mushrooms. <sup>3</sup>p. 161.

## FEBRUARY: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Green Grapes	Cold Pork	Pickled Red Cabbage
Grilled Kidneys on Toast	Stuffed Baked Potatoes <sup>4</sup>	
Oatcakes	Apple and Beetroot Salad	
Rolls	Apricot Tart	
Lemon Cheese	Custard Sauce	
Tea or Coffee		
<i>High Tea</i>	<i>Dinner</i>	
Eggs au Gratin	<i>Cream of Asparagus</i>	
Brown Bread	Bream à la Portugaise <sup>5</sup>	
Girdle Scones	Wiener Schnitzel	
Jap Cakes <sup>6</sup>	New Potatoes	Green Peas
Apricot Cheese Cakes	Banana and Strawberry	
Abernethy Biscuits	Compôte <sup>1</sup>	
Fruit Salad		

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apples	<i>Kidney Soup</i>	
Eggs and Bacon	Curried Eggs	Boiled Rice
Toast	Toasted Currant Buns	Breaded Tomatoes <sup>2</sup>
Lemon Marmalade		Honeycomb Mould <sup>7</sup>
Tea or Coffee		Stewed Figs
<i>High Tea</i>	<i>Dinner</i>	
Shrimps on Toast	<i>Passion Fruit Cocktail<sup>8</sup></i>	
Date Bread (L)	Muffins	Roast Stuffed Loin of Mutton
Irish Shortbread		Roast Potatoes
Spiced Coffee Cake		Braised Chicory
Walnut Biscuits		Butterscotch Trifle
Pears		Biscuits
		Celery
		Cream Cheese

NOTE: Add Welsh Rarebit to Saturday's Dinner, and Dessert to Sunday's, if liked. <sup>1</sup>*Compôte*.—Mix equal quantity sliced bananas with canned strawberries. <sup>2</sup>*Breaded Tomatoes*.—Halve and sprinkle tomatoes with salt, pepper, and stale crumbs to taste. Dab with butter, and bake in the oven till crisp. <sup>3</sup>*Cocktail*.—Use passion fruit juice according to instructions on bottle. Chill. Serve with bretzels. <sup>4</sup> p. 19; <sup>5</sup> p. 163; <sup>6</sup> p. 130; <sup>7</sup> p. 12.

## FEBRUARY: FOURTH WEEK

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Pears (L)		Clear Soup
Egg and Shrimp Scramble (L)	Cold Mutton	Celery Salad
Toast	Oatcakes	Spaghetti Cheese
Lime Marmalade		Stewed Rhubarb
Tea or Coffee		Vanilla Custard Sauce

### High Tea

Liver Pâté	Spring Onions	<i>Dinner</i>
Brown Bread	Toast	Mutton Broth (L)
Sultana Scones		Lobster au Gratin
Coconut Cake	Ginger Nuts	Baked Ham Corn Fritters*
Cream Buns		New Potatoes Buttered Leeks
Dessert		Fresh Pineapple

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grapefruit		Fried Fillets of Plaice
Kedgeree		Sauce Tartare Chip Potatoes
Rolls	Oatcakes	Eve's Pudding
Red Currant Jelly		Rolls Watercress
Tea or Coffee		Gorgonzola Cheese

### High Tea

Pork Galantine		<i>Dinner</i>
Tomato Salad	Egg Mayonnaise	Tomato Juice Cocktail*
Toast	Treacle Scones <sup>4</sup>	Fried Cod Steaks
Almond Cheese Cakes		Roast Widgeon
Brandy Snaps		Watercress Salad Potato Crisps
Coconut Cake		Orange Meringue Pie
Fresh Pineapple (L)		

NOTE: Add to Monday's Dinner, Sponge Drops put together with whipped cream and strawberry jam and serve with the pineapple, peeled, cored, chopped, sugared and chilled. Add Stuffed Celery<sup>1</sup> to Tuesday's Dinner, if liked. Make Lobster au Gratin with glassed lobster. <sup>1</sup>Stuffed Celery.—Mix 1 small cream cheese with 1 tablespoon cream, 1 teaspoon minced chives, 2 teaspoons minced pimento. Season to taste. Stuff hollow stalks. \* p. 78; \* p. 22; \* p. 153.

PISSING ON THE GORE WITH GORE IN PISSES AND DRIES IN VICTORY.





## FEBRUARY: FOURTH WEEK

### WEDNESDAY

#### *Breakfast*

Fried Bacon and Bananas  
 Toast Brown Bread  
 Ginger Marmalade  
 Tea or Coffee

#### *High Tea*

Devilled Kidneys<sup>1</sup>  
 Watercress (L)  
 Toast Drop Scones  
 Chelsea Buns Flapjacks<sup>2</sup>  
 Chocolate Layer Cake  
 Compôte of Mandarins

#### *Lunch or Supper*

Cold Ham  
 Mixed Vegetable Salad  
 Baked Apples with Honey  
 Almond Custard Sauce  
 Biscuits Radishes  
 Dutch Cheese

#### *Dinner*

Cream of Artichokes  
 Steak and Kidney Pie  
 Mashed Potatoes Buttered Savoy  
 Gooseberry Fool  
 Stuffed Tomatoes

### THURSDAY

#### *Breakfast*

Stewed Prunes  
 Grilled Tomato Sausages  
 Rolls Oatcakes  
 Orange Marmalade  
 Tea or Coffee

#### *High Tea*

Meat Croquettes  
 Lettuce Salad  
 Bakestones<sup>3</sup>  
 Genoa Cake Custard Slices  
 Ginger and Banana Salad

#### *Lunch or Supper*

Scotch Colllops  
 Boiled Potatoes Buttered Sprouts  
 Semolina Mould  
 Strawberry Syrup  
 Oatcakes Celery Pommel Cheese

#### *Dinner*

Mock Turtle Soup  
 Boiled Salmon Cucumber  
 Grilled Lamb Cutlets  
 Buttered Haricot Beans<sup>4</sup>  
 Grilled Tomatoes  
 Pear Flan

NOTE: Add Scallops of Brill to Wednesday's Dinner, and Mushrooms-on-Toast to Thursday's Dinner, if liked. Serve new potatoes with Salmon, if liked.  
<sup>1</sup>Devilled Kidneys.—Dip 4 split (but not halved), skinned, cored kidneys in melted butter. Spread with 2 teaspoons Worcester sauce,  $\frac{1}{2}$  teaspoon French mustard,  $\frac{1}{2}$  teaspoon curry powder, mixed to a paste with butter. Fry in butter. <sup>2</sup> p. 129; <sup>3</sup> p. 45; <sup>4</sup> p. 15.

## FEBRUARY: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Mandarins		Casserole of Tripe <sup>2</sup>
Tongue Omelet		Mashed Potatoes
Toast	Honey	Pineapple Fritters
Waffles	Maple Syrup	Biscuits Spring Onions
		Wensleydale Cheese
Tea or Coffee		

### High Tea

		<i>Dinner</i>
Fried Fish	Chip Potatoes	Grapefruit Cocktail
Brown Bread	White Nut Bread	Roast Stuffed Breast of Lamb
	Devonshire Splits	Creamed Spinach New Potatoes
Doughnuts	Coconut Macaroons	Cream Caramel
	Fruit Salad	Kippers au Gratin <sup>3</sup>

### SATURDAY

#### *Breakfast*

Dried Fruit Salad (L)	
Fried Herrings	
Toast	Rolls
Lemon Marmalade	
Tea or Coffee	

#### *High Tea*

Casserole of Liver and Onions	
Mashed Potatoes	
Wheaten Scones	
Macaroon Cheese Cakes	
Madeleines	
Ayrshire Shortbread	
Green Grapes	

#### *Lunch or Supper*

Fried Rabbit	
Sauté Potatoes	Braised Onions
	Tapioca Cream
	Loganberries
Oatcakes	Celery
	Cream Cheese

#### *Dinner*

Mulligatawny Soup	
Crab Croquettes	Tomato Sauce
Roast Duck	Apple Sauce
New Potatoes	Red Cabbage <sup>1</sup>
Hot Chocolate Soufflé	
	Dessert

Add Ham Soufflé as second course to Friday's Dinner and Dessert to Saturday's, if liked. Serve Cream Caramel, garnished with sliced banana. If Red cabbage is unobtainable, substitute Savoy. <sup>1</sup>*Stewed Cabbage*.—Wash, shred and stew cabbage till tender with 2 sliced onions, 3 chopped apples and 2 tablespoons butter. Season to taste. Add 1 tablespoon Red Currant Jelly or Caraway seeds, if liked. <sup>2</sup> p. 17; <sup>3</sup> p. 11.

*March*





## MARCH: FIRST WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Curried Duck (L)
Stewed Finnan Haddock	Boiled Rice
Toast Malt Bread	Junket
Lemon Cheese	Sliced Peaches
Tea or Coffee	Biscuits Olives
	Cream Cheese
<i>High Tea</i>	<i>Dinner</i>
Devilled Eggs	Oxtail Soup
Toast Coffee Bread	Roast Loin of Pork
Ginger and Cherry Cake	Apple and Onion Sauce
Queen Gems Petrushkas <sup>1</sup>	Roast Potatoes Buttered Greens
Lemon Cheese Tartlets	Banana Jelly
Oranges	Hot Cheese Straws

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apples	Salmon Loaf <sup>2</sup>
Grilled Bacon	Parsley Sauce
Fried Tomatoes and Bread	Baked Chocolate Pudding <sup>4</sup>
Toasted Crumpets Rolls	Oatcakes Spring Onions
Grapefruit Marmalade	Gorgonzola Cheese
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Prawn Salad	Minestrone
Toast White Bread	Cold Pork Apple Chutney
Oven Scones	Waldorf Salad <sup>3</sup>
Shortbread Sultana Buns	Baked Potatoes in Jackets
Ginger and Cherry Cake (L)	Prune Fool
Apricots and Cream	Sardine Canapés

NOTE: <sup>1</sup>Petrushkas.—Beat 1 egg white to a stiff froth. Add 2 oz. castor sugar and 3 drops lemon juice. Stir till thick. Add 1 oz. grated chocolate, 3 oz. ground almonds. Shape into small balls. Brush with egg white. Bake in a moderate oven for 10 to 15 minutes. <sup>2</sup>Waldorf Salad.—Mix 2 cups diced celery with 2 cups chopped apple, 1 cup chopped walnuts and mayonnaise to taste. <sup>3</sup>p. 107; <sup>4</sup>p. 2.

## MARCH: FIRST WEEK

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Fried Sausages	Apple Slices	Pork Terrapin <sup>2</sup> (L)	
Oatcakes	Toast	Green Peas	Riced Potatoes
Honey		Pancakes	
Tea or Coffee		Toast	Radishes
			Cheddar Cheese

### *High Tea*

<i>High Tea</i>		<i>Dinner</i>	
Fried Kippers		Hors d'Œuvres	
Toast	Oatcakes	Baked Halibut Steaks	
Soda Scones		Casserole of Chicken	
Bath Buns	Florentines <sup>1</sup>	Mashed Potatoes	Cauliflower
Mocha Layer Cake		Tangerine Sponge	
Dessert		Dessert	

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Scallops of Hake	
Kidney Omelet		Chicory and Lettuce Salad	
Rolls	Griddle Cakes	Strawberry Roly Poly	
Maple Syrup		Custard Sauce	
Tea or Coffee		Biscuits	Celery
		Dutch Cheese	

### *High Tea*

<i>High Tea</i>		<i>Dinner</i>	
Scotch Eggs		Cream of Asparagus	
Watercress	Toast	Steak and Kidney Pie	
Drop Scones	Cream Buns	Mashed Potatoes	Mashed Swede
Raisin Cake	Macaroons	Demerara Apples	
Raspberry Swiss Roll		Roes on Toast	
Fruit Salad			

NOTE: If liked, substitute honey for the maple syrup at Wednesday's breakfast.

<sup>1</sup>*Florentines*.—Roll puff pastry out thinly. Cut into small rounds. Bake till pale brown. Spread each with raspberry jam. Cover roughly with meringue. Sprinkle with chopped, blanched almonds. Bake in a slow oven till meringue is set and almonds pale brown. Cool before serving. <sup>2</sup> p. 5.

# MARCH: FIRST WEEK

## THURSDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Orange Juice			Sliced Tongue Mixed Pickles
Poached Eggs			Cauliflower Cheese <sup>3</sup>
Brown Bread	Rolls		Swiss Apple Pudding <sup>1</sup>
Lemon Marmalade		Oatcakes	Spring Onions
Tea or Coffee			Cream Cheese
<i>High Tea</i>		<i>Dinner</i>	
Pork Pie			Scotch Broth
Tomato Salad			Fried Whitebait
Currant Scones	Soda Bread		Roast Shoulder of Lamb
Tutti Frutti Macaroons			Roast Potatoes
Raisin Cake (L)	Nut Drops		Buttered Artichokes
Cape Plums			Peach Fritters

## FRIDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Stewed Figs			Cold Lamb and Chutney
Tongue Omelet (L)			Mashed Potatoes
Toast	Oatcakes		Brussels Sprouts
Grapefruit Marmalade		Baked Custard	Peach Syrup (L)
Tea or Coffee		Rolls	Watercress
			Gorgonzola Cheese

## High Tea

<i>Breakfast</i>			<i>Dinner</i>
Sausage Rolls	Celery Sticks		Mock Turtle Soup
Malt Bread	Farmhouse Scones		Boiled Fowl Oatmeal Stuffing
Riviera Rock Cakes		Riced Potatoes	Mashed Parsnips
Chelsea Buns			Cocoa Pie <sup>2</sup>
Rice Biscuits	Chocolate Eclairs		Mushrooms on Toast
Green Grapes			

NOTE: <sup>1</sup>*Pudding*.—Cover stewed apples with equal quantity crushed macaroons and castor sugar. Dab with butter and bake. <sup>2</sup>*Pie*.—Mix  $\frac{1}{2}$  cup corn-flour with  $\frac{1}{2}$  cup cocoa, pinch salt, and  $\frac{1}{2}$  cup castor sugar in a double boiler. Add 2 cups hot water. Stir till boiling and smooth. Pour into baked pastry case. Top halved marshmallows. <sup>3</sup> p. 53.

## MARCH: SECOND WEEK

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Figs		Curried Lamb (L) Boiled Rice
Fried Salmon Cakes		Baked Potatoes Apricot Chutney
Brown Rolls	Toast	Fruit Salad Whipped Cream
Damson Jelly		Toast Radishes
Tea or Coffee		Cheddar Cheese

### High Tea

Brown	Egg and Lettuce Salad	Dinner
	Toasted Crumpets	Chicken Broth (L)
Walnut Bread	Bath Buns	Fried Fillets of Sole
	Lemon Layer Cake	Shrimp Sauce
	Cinnamon Biscuits	Steak and Kidney Pie
Apricots and Cream		New Potatoes Stewed Cabbage <sup>3</sup>
		Loganberry Fool <sup>1</sup>

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Apples		Cream of Celery
Grilled Sausage Cakes		Oxford Meat Balls <sup>2</sup>
Fried Tomatoes		Fried Bananas Sauté Potatoes
Marmalade	Toast	Greengage Jelly
Waffles	Maple Syrup	Cream
Tea or Coffee		

### High Tea

Sardines on Toast		Dinner
Bread and Butter	Watercress	Grapefruit
	Teacakes	Roast Pork
Cherry Cake	Chocolate Biscuits	Sage and Onion Stuffing
	Simnel Cake	Roast Potatoes Braised Celery
Apples and Oranges		Charlotte Russe
		Biscuits Spring Onions
		Camembert Cheese

NOTE: Add Cheese Aigrettes to Saturday's Dinner and Dessert to Sunday's, if liked. <sup>1</sup>Loganberry Fool.—Sieve canned loganberries. Add equal quantity of whipped, sweetened cream. Chill and serve in sundae glasses. <sup>2</sup>Oxford Meat Balls.—Mix  $\frac{1}{2}$  lb. minced steak with  $\frac{1}{2}$  lb. minced pork, 1 teaspoon chopped onion,  $\frac{1}{2}$  lb. breadcrumbs soaked in water and squeezed dry, and seasonings. Shape into balls and fry. <sup>3</sup>p. 28.

## MARCH: SECOND WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Mandarins	Fried Liver and Bacon
Fried Bloaters	Fried Potatoes Green Peas
Croissants	Toast Gingernap Pudding <sup>1</sup>
Ginger Marmalade	Toast Watercress
Tea or Coffee	Cream Cheese

### High Tea

<i>Ham à la King</i> <sup>2</sup>	<i>Dinner</i>
Brown Bread Sultana Scones	Tomato Soup
Raspberry Swiss Roll	Cold Pork Apple Chutney
Doughnuts Yorkshire Parkin	Mashed Potatoes Braised Onions
Sponge Cake	Gooseberry Tart
Compôte of Pears	Scotch Angels-on-Horseback <sup>4</sup>

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Pork Terrapin <sup>5</sup> (L)
Finnan Kedgeree	Lettuce and Tomato Salad
Toast Rolls	Strawberry Roll
Orange Jelly	Custard Sauce
Tea or Coffee	Biscuits Celery
	Dutch Cheese

### High Tea

<i>Grilled Herrings</i>	<i>Fried Chips</i>	<i>Dinner</i>
Brown Bread	Toast	Hors d'Œuvres
Welsh Pikelets	Orange Bread	Boiled Salmon Cucumber Salad
Date and Ginger Fingers		Hamburg Steaks
Caraway Seed Biscuits		New Potatoes Creamed Spinach
Pineapple Slices		Raisin Puffs <sup>3</sup>
		Cheese Fondue

NOTE: <sup>1</sup>*Pudding*.—Place 1½ cups crushed gingernaps in a buttered baking dish. Stir in ½ cup brown sugar, 1 beaten egg, 3 cups milk and ½ teaspoon mixed spice. Bake in a slow oven till set. <sup>2</sup>*Puff*.—Mix ½ cup castor sugar with 2 eggs, 3 tablespoons melted butter, ½ cup milk, 1 cup flour, 2 teaspoons baking powder, ½ cup chopped raisins. Steam in greased dariole moulds ½ hour. Serve with cream. <sup>3</sup> p. 81; <sup>4</sup> p. 24; <sup>5</sup> p. 5.

## MARCH: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	
Fried Cod's Roe and Bacon	Salmon Mayonnaise (L)
Brown Bread	Cucumber Salad
Gooseberry Jelly	Marmalade Pudding
Tea or Coffee	Almond Custard
	Water Biscuits Celery Cheese

### High Tea

Hot Mutton Pies	
Watercress Sandwiches	
Nut Bread	Honey Scones
Walnut Layer Cake	Brownies <sup>3</sup>
Apricot Cheese Cakes	
Dessert	

### Dinner

Brown Soup	
Veal Marengo <sup>4</sup>	
Mashed Potatoes	
Buttered Kale	
Peach Trifle	
Gruyère Tit-Bits <sup>4</sup>	

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	
Scrambled Eggs	Toad-in-the-Hole
Oatcakes	Honeycomb Mould <sup>5</sup>
Lemon Marmalade	Stewed Plums
Tea or Coffee	Biscuits Lettuce Salad

<i>Breakfast</i>	<i>Lunch or Supper</i>	<i>Dinner</i>
Pressed Beef	Pickled Beetroot	Green Pea
White Bread		Lobster Newburg <sup>1</sup>
Treacle Scones <sup>6</sup>		Stewed Steak and Onions
Madeira Cake	Fruit Gems	New Potatoes Cauliflower
Custard Cream Biscuits		Celestine Pancakes
Fruit Salad		

NOTE: Add Fried Fish and Sauce Tartare to Wednesday's Dinner and Dessert to Thursday's. <sup>1</sup>Lobster Newburg.—Melt 1 teaspoon butter in top of double boiler. Stir in 2 teaspoons flour, pinch of salt,  $\frac{1}{2}$  cup milk. When boiling, stir in 1 egg yolk and 1 large glass lobster, flaked. Season and flavour with sherry. Serve on squares of buttered toast. Sprinkle with minced parsley. <sup>2</sup>p. 82; <sup>3</sup>p. 166; <sup>4</sup>p. 8; <sup>5</sup>p. 12; <sup>6</sup>p. 153.

## MARCH: SECOND WEEK

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Pineapple Chunks		Veal Galantine	
Boiled Eggs		Potato Salad	Tomatoes
Potato Scones	Toast	Prune Fritters	
Honey		Toast	Celery
Tea or Coffee		Wensleydale Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Fried Salmon Cakes		Tomato Juice Cocktail <sup>3</sup>	
Brown Bread	White Bread	Roast Mock Duck <sup>1</sup>	
Devonshire Splits	Fruit Cake	Roast Potatoes	Buttered Savoy
Madeira Cake (L)		Baked Pears	Ginger Sauce
Ginger Spice Cakes		Tunny Fish	Canapés
Peaches and Cream			

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Apples		Cold Mock Duck	
Grilled Kidneys and Bacon		Celery and Potato Salad	
Toast	Rolls	Raisin Bread Pudding	
Orange Jelly		Oatcakes	Lettuce
Tea or Coffee		Cheddar Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Cornish Pasties		Clear Soup	Colbert
Watercress Salad		Brill au Gratin	
Girdle Scones	Krapfen <sup>4</sup>	Scallops of Veal <sup>2</sup>	
Chocolate Sponge Roll		New Potatoes	Mushroom Sauce
Lemon Cheese Cakes		Cherry Tartlets	
Fruit Cake (L)		Whipped Cream	
Bananas and Cream			

NOTE: Add Shrimp Omelet to Friday's Dinner and Biscuits and Cheese to Saturday's, if liked. <sup>1</sup>Mock Duck.—Ask butcher to bone a shoulder of lamb. Fill it with sausage meat sprinkled with parsley. Truss and roast like duck. Serve with Apple Sauce or Red Currant jelly. <sup>2</sup>Scallops of Veal.—Dip in seasoned flour. Fry in butter. Serve with buttered, canned asparagus tips. <sup>3</sup> p. 22; <sup>4</sup> p. 159.

## MARCH: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Apples	Cream of Tomato Soup
Fried Tomato Sausages	Eggs Florentine
Toast      Toasted Muffins	Mashed Potatoes
Grapefruit Marmalade	Treacle Tart
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Cold York Ham   Pickled Onions	Haricot Bean Purée
Celery Salad	Roast Irish Turkey
Brown Bread	
Sultana Malt Bread	Bread Sauce   Cranberry Jelly
Ginger Drops	Roast Potatoes   Braised Celery
Melton Cheese Cakes	
Jellied Sliced Peaches	Trifle
	Anchovy Canapés

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches (L)	Dressed Crab
Stewed Finnan Haddock	Brown Bread   Watercress
Toast      Brown Bread	Lemon Sponge
Tangerine Marmalade	Stewed Dried Apricots
Tea or Coffee	Biscuits      Tomatoes
	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Sliced Tongue   Russian Salad	Vegetable Broth
Watercress Sandwiches (L)	Cold Turkey   Apricot Chutney
Milk Bread      Currant Buns	Cole Slaw <sup>1</sup>
Victoria Sandwich	Stuffed Baked Potatoes
Shortbread Biscuits	Cream Caramel
Green Grapes	Sardines on Toast

NOTE: <sup>1</sup>*Cole Slaw*.—Mix 2 cups raw shredded cabbage, with Hot Salad Dressing<sup>2</sup> to moisten. <sup>2</sup>*Hot Salad Dressing*.—Mix 2 teaspoons sugar with  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon mustard, and a pinch pepper. Stir in  $\frac{1}{2}$  cup vinegar. Bring to boil. Beat 1 tablespoon butter and 1 teaspoon flour to a cream and add to mixture. Cook 5 minutes, stirring constantly. Pour gradually on to 1 beaten egg yolk. Use at once. <sup>3</sup> p. 19.

## MARCH: THIRD WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Grilled Pork Chops
Kidney Omelet	Baked Beans
Rolls      Toast	Buttered Spring Greens
Honey	Gooseberry Flan
Tea or Coffee	Oatcakes      Radishes
	Gorgonzola Cheese
<i>High Tea</i>	<i>Dinner</i>
Fried Fish      Chip Potatoes	Turkey Broth (L)
Toast      Brown Bread	Grilled Herrings      Mustard Sauce
Soda Scones      Bath Buns	Stewed Veal Olives
Marzipan Biscuits	Mashed Potatoes      Glazed Carrots
Oxford Plum Cake	Coffee Cream <sup>3</sup>
Dates and Mandarins	Sliced Bananas

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Tripe and Onions
Grilled Bacon      Corn Fritters <sup>3</sup>	New Potatoes
Hot Rolls      Toast	Cherry Cottage Pudding
Crab Apple Jelly	Cherry Syrup
Tea or Coffee	Wheaten Biscuits      Watercress
	Cheddar Cheese
<i>High Tea</i>	<i>Dinner</i>
Grilled Chipolata Sausages	Kidney Soup
Brown Bread      Fruit Bread	Sole Mornay <sup>4</sup>
Drop Scones      Swiss Buns	Haricot Mutton
Walnut Gingerbread	Mashed Potatoes
Cocoa Kisses <sup>1</sup>	Baked Custard      Pineapple Slices
Dessert	Stuffed Tomatoes

NOTE: Add Roes on Toast to Tuesday's Dinner and Anchovy Canapés to Wednesday's, if liked. <sup>1</sup>*Cocoa Kisses*.—Beat 2 egg whites till stiff. Stir in  $\frac{1}{2}$  cup sugar. Beat, adding more sugar,  $\frac{1}{2}$  cup at a time, till you've added 1 cup altogether. Stir in  $\frac{1}{2}$  cup sugar mixed with 2 tablespoons cocoa,  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{2}$  lb. chopped blanched almonds. Bake in a slow oven for about an hour. <sup>2</sup>p. 58; <sup>3</sup>p. 78; <sup>4</sup>p. 56.

## MARCH: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Irish Stew
Eggs and Bacon	Lemon Blancmange
Rolls	Stewed Rhubarb
Orange Marmalade	Toast Celery
Tea or Coffee	Carraway Cheese <sup>3</sup>
<i>High Tea</i>	<i>Dinner</i>
Jellied Ham	Spring Vegetable Broth
Egg and Lettuce Salad	Fried Rabbit
Brandy Snaps	Kenya Rings <sup>1</sup>
Oranges	Cheese Soufflé

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Toasted Brown Bread	Jellied Fruit Salad
Rolls	Whipped Cream
Honey	
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Scrambled Eggs on Toast	Cream of Asparagus
Rye Bread	Halibut Steaks
Cream Slices	Maître d'Hôtel Butter
Eccles Cakes	Grilled Mutton Chops
Devil's Food Cake <sup>5</sup>	New Potatoes
Ginger Wafers	Breaded Tomatoes <sup>4</sup>
Black Grapes	Chocolate Creams <sup>6</sup>

NOTE: Add Fried Torbay Slips with Hollandaise Sauce to Thursday's Dinner, if liked. <sup>1</sup>*Kenya Rings*.—Fry rounds of sponge or Madeira cake in butter. Brush with hot strawberry syrup. Cover with a pineapple ring when cold. Fill centres with whipped cream. Top with a cherry. <sup>2</sup>*Liver Sausage Canapés*.—Spread small rounds of fried bread, when cold, thickly with liver sausage. Criss-cross with strips of pimento. <sup>3</sup>p. 21; <sup>4</sup>p. 25; <sup>5</sup>p. 69; <sup>6</sup>p. 65.

## MARCH: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Pineapple Slices			Casserole of Liver
Sausage Fritters	Fried Tomatoes		Mashed Potatoes
Toast	Rolls		Spinach
Damson Cheese			Raspberry Milk Jelly
Tea or Coffee			Raspberry Syrup Whipped Cream
			Oatcakes
			Radishes
			Cream Cheese
	<i>'ea</i>		
Fried Fish and Chips			
Milk Rolls	Toast		Cream of Corn
Maids of Honour			Chicken Pie
Coburg Cakes	Cherry Cake	New Potatoes	Green Peas
	Fruit Salad		Topsy Squire <sup>1</sup>
			Kipper Toasts

### SUNDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Mandarins			Chicken Broth (L)
Grilled Kippers			Boiled Salmon
Toast	Scotch Scones		Cucumber Salad
Ginger Marmalade		Pineapple Sponge (L)	
Tea or Coffee			Whipped Cream
	<i>High Tea</i>		
Sliced Tongue	Baked Beans	Roast Beef	Oyster Cocktail
Crumpets	Brown Bread	Mashed Swede	Horseradish Sauce
Rock Cakes	Orange Gems		Roast Potatoes
	German Pound Cake	Yorkshire Pudding	
	Coffee Macaroons		Fairy Pudding <sup>2</sup>
	Fresh Pears	Biscuits	Watercress
			Dutch Cheese

NOTE: Add Grilled Sole with Sauce Tartare to Saturday's Dinner, if liked.  
<sup>1</sup>Topsy Squire.—Cut a sponge-loaf into  $\frac{1}{4}$ -inch thick slices. Put slices together with custard. Place in a glass dish. Brush loaf with melted apricot jam. Moisten with equal quantity of sherry and brandy. Soak for 2 hours. Spike with blanched, split almonds cut in strips. Garnish with whipped cream. <sup>2</sup>p. 90.

## MARCH: FOURTH WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches	Macaroni Cheese
Scrambled Eggs	Lettuce and Cucumber Salad
Oatcakes	Creamed Tapioca
Orange Marmalade	Stewed Apricots
Tea or Coffee	Toast Spring Onions
	Gervais Cheese

### High Tea

<i>High Tea</i>	<i>Dinner</i>
Toad-in-the-Hole	Oxtail Soup
Brown Bread	Cold Roast Beef
Eclairs	Pickled Beetroot
Shortbread Biscuits	Cauliflower Cheese <sup>2</sup>
Royal Drops	Hot Berry Roll
German Pound Cake (L)	Custard Sauce
Dessert	Scotch Angels-on-Horseback <sup>3</sup>

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Grilled Mackerel
Curried Prawns	Sauté Potatoes
Boiled Rice	Lettuce Salad
Toast	Chesham Tart <sup>1</sup>
Lemon Cheese	Biscuits Celery
Tea or Coffee	Cheddar Cheese

### High Tea

<i>High Tea</i>	<i>Dinner</i>
Brawn	Tomato Salad
White Bread	Walnut Bread
Oven Scones	Brownies <sup>4</sup>
Sultana Rock Cakes	Scallops au Gratin
Orange Layer Cake	Grilled Pork Chops
Dessert	New Potatoes Buttered Savoy
	Raspberry Charlotte Russe

NOTE: Add Prawn Patties to Monday's Dinner and Welsh Rarebit to Tuesday's, if liked. <sup>1</sup>*Chesham Tart*.—Line a pie plate thinly with rich short crust. Bake in a quick oven till pale brown. Put a thin layer of jam in the bottom when case is cold. Cover with a layer of sieved, stewed, sweetened apples. Decorate with whipped cream and chopped blanched pistachio nuts, or halved glace cherries.

<sup>1</sup> p. 53; <sup>2</sup> p. 24; <sup>3</sup> p. 166.





HOME-MADE SIMNEL CAKE.

After the icing is run into the centre, the cake can be decorated with sugar, eggs and a yellow chicken.

[Courtesy *Women's Pictorial*

## MARCH: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Stewed Figs	Roast Sheep's Hearts	
Grilled Kippers	Sage and Onion Stuffing	
Brown Bread	Roast Potatoes	Buttered Greens
Gooseberry Jelly	Rhubarb Jelly	
Tea or Coffee	Oatcakes	Radishes
		Wensleydale Cheese
<i>High Tea</i>	<i>Dinner</i>	
Ham and Cress Rolls	Grapefruit Cocktail	
Walnut Bread (L)	Fried Chicken	
Queen Gems	Potato Crisps	Creamed Spinach
Orange Layer Cake (L)	Lemon Cream Pie	
Raisin Gingerbread	Roes on Toast	
Victoria Plums and Cream		

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Fried Sausages	Apple Slices	Baked Stuffed Onions
Rolls	Oatcakes	Corn Pudding <sup>1</sup>
Lemon Marmalade		Ground Rice Mould
Tea or Coffee		Fruit Salad
<i>Tea</i>	Toast	Watercress
Pickled Herrings	Potato Salad	Dutch Cheese
Brown Bread	Toast	
Dough Cake	Swiss Buns	
Raisin Gingerbread (L)		Cream of Mushrooms
Chocolate Layer Cake		Salmon and Cucumber
Pineapple Chunks		Sauce Hollandaise
		Lancashire Hot Pot
		Buttered Seakale
		Grape Tartlets

NOTE: Add Dressed Crab to Wednesday's Dinner and Cauliflower Cheese<sup>2</sup> to Thursday's, if liked. <sup>1</sup>Corn Pudding.—Drain 1 can corn and mix with  $\frac{1}{2}$  cup of the liquid, 1 teaspoon castor sugar, salt and pepper,  $1\frac{1}{2}$  tablespoons flour and 3 tablespoons melted butter. Place in a well-buttered, shallow pie-dish, sprinkle corn with  $\frac{1}{2}$  cup breadcrumbs. Dab with butter. Bake for 20 minutes. <sup>2</sup>p. 53.

## MARCH: FOURTH WEEK

### FRIDAY

#### Breakfast

Apples	
Poached Eggs on Toast	
Rolls	Oatcakes
Orange Marmalade	
Tea or Coffee	

#### High Tea

Sardines	Tomato Salad
Corn Muffins	White Bread
Queen Gems (L)	Currant Loaf
Strawberry Gateau	
Walnut Biscuits	
Green Grapes	

#### Lunch or Supper

Stuffed Baked Haddock	
Fried Potatoes	Lettuce Salad
Steamed Gingerbread Pudding	
Vanilla Custard Sauce	
Rolls	Spring Onions
	Gruyère Cheese

#### Dinner

Cream of Tomato Soup	
Baked Turbot	
Hamburg Steaks	
Buttered Peas	
Lyonnaise Potatoes <sup>1</sup>	
Chocolate Trifle	

### SATURDAY

#### Breakfast

Orange Juice	
Finnan Kedgeree	
Toast	Brown Bread
Ginger Marmalade	
Tea or Coffee	

#### High Tea

Curried Eggs	
Brown Bread	Raisin Bread
Wheaten Scones	Bath Buns
Walnut Cake	
Strawberry Gateau (L)	
Fruit Salad	

#### Lunch or Supper

Fish Pie	Cucumber Salad
Honeycomb Mould <sup>2</sup>	
Stewed Pears	
Oatcakes	Radishes
	Cream Cheese

#### Dinner

Liver Pâté	
Salmon Croquettes	
Boiled Fowl	Parsley Sauce
New Potatoes	Lettuce Salad
Rhubarb Fool	

NOTE: Add Dessert to Friday's Dinner and Cheddar Canapés<sup>3</sup> to Saturday's, if liked. Serve Liver Pâté with Toast and Celery. <sup>1</sup>Lyonnaise Potatoes.—Season 1 pint cold, boiled sliced potatoes with salt and pepper. Fry 1 tablespoon chopped onion in 2 tablespoons dripping till brown. Add potatoes. Cook slowly till all the fat is absorbed. Sprinkle with 1½ tablespoons chopped parsley. <sup>2</sup>p. 12; <sup>3</sup>p. 19.

*April*





## APRIL: FIRST WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Oranges		Tomato Soup	
Chipolata Sausages		Scotch Collops	
Toast	Oatcakes	Mashed Potatoes	Green Peas
Honey		Lemon Cheese	Tartlets
Tea or Coffee		Rusks	Cheese Radishes
<i>High Tea</i>		<i>Dinner</i>	
Spaghetti au Gratin		Minestrone	
Lettuce Sandwiches		Roast Stuffed Veal	
Currant Buns	Flapjacks <sup>3</sup>	Roast Potatoes	Artichokes
Simmel Cake		Butterscotch Pie	
Chocolate Macaroons		Dessert	
Orange and Banana Salad			

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Stewed Prunes		Creamed Veal <sup>1</sup>	Boiled Rice
Grilled Kidneys and Tomatoes		Scalloped Spinach <sup>4</sup>	
Brown Bread	Toast	Apple Tart	
Grapefruit Marmalade		Oatcakes	Radishes
Tea or Coffee		Cream Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Welsh Rarebit		Clear Soup	
Lettuce and Tomato Sandwiches		Steak and Kidney Pudding	
Devonshire Splits		Mashed Potatoes	New Carrots
Walnut Bread	Jap Cakes <sup>5</sup>	April Fool <sup>2</sup>	
Simmel Cake (L)		Tunny Fish Toasts	
Peaches			

NOTE: Add Salmon Soufflé<sup>6</sup> to Sunday's Dinner and Dessert to Monday's, if liked. <sup>1</sup>*Creamed Veal*.—Mix chopped veal with highly-seasoned white sauce and green peas to taste. <sup>2</sup>*April Fool*.—Place chopped sponge fingers, spread with apricot jam, in the bottom of each sundae glass. Moisten with sherry. Cover with equal quantity of sieved bananas and whipped cream. Top each with half marshmallow. <sup>3</sup> p. 129; <sup>4</sup> p. 85; <sup>5</sup> p. 130; <sup>6</sup> p. 1.

## APRIL: FIRST WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Scalloped Finnan Haddock
Grilled Bacon and Tomatoes	Cucumber Salad
Toast Oatcakes	Apple Dumplings
Crab Apple Jelly	Custard Sauce
Tea or Coffee	Toast Watercress
<i>High Tea</i>	Gorgonzola Cheese
Pork Pie	<i>Dinner</i>
Tomato and Onion Salad	Cream of Mushrooms
Currant Scones Brioche	Sole à la Portugaise <sup>2</sup>
Peach Shortcake Cream Horns	Guinea Fowl Voisin <sup>1</sup>
Chocolate Biscuits	New Potatoes Buttered Greens
Dessert	Pears and Cream

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Liver and Bacon
Fried Bacon and Eggs	New Potatoes
Toast Rolls	Cherries and Junket
Lemon Marmalade	Biscuits Radishes
Tea or Coffee	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Tripe and Onions	Hors d'Œuvres
Watercress Sandwiches	Kidney Omelet
Spiced Buns Macaroons	Stewed Pigeons Green Peas
Genoa Cake Cream Slices	Mashed Potatoes
Cinnamon Biscuits	Baked Apples
Compôte of Apricots	Devonshire Cream

NOTE: <sup>1</sup>Guinea Fowl Voisin.—Brown a guinea fowl in butter. Chop 6 rashers of bacon. Place in bottom of casserole. Lay fowl on top. Arrange  $\frac{1}{2}$  lb. each sliced mushrooms and chipolatas and 12 peeled button onions round bird. Season and cover. Bake in a slow oven for 1½ hours. Add  $\frac{1}{2}$  glass white wine and  $\frac{1}{2}$  cup stock. Bake for 10 minutes uncovered. <sup>2</sup> p. 163.

## APRIL: FIRST WEEK

### THURSDAY

#### *Breakfast*

Sliced Peaches  
Fried Bloater  
Brown Rolls      Toast  
                    Honey  
Tea or Coffee

#### *High Tea*

Fried Pork and Veal Steaks  
Grilled Tomatoes  
Toast      ' Bath Buns  
Melton Cheese Cakes  
Marmalade Cake  
Dessert

#### *Lunch or Supper*

Creamed Sweetbreads-on-Toast  
Endive Salad  
Steamed Chocolate Pudding  
Whipped Cream  
Biscuits      Spring Onions  
Gruyère Cheese

#### *Dinner*

Cream of Corn  
Fried Oysters in Batter  
Roast Loin of Pork  
Apple Sauce      Roast Potatoes  
Raspberry Sponge

### FRIDAY

#### *Breakfast*

Mandarins  
Fried Salmon Cakes  
Toast      Rolls  
Ginger Marmalade  
Tea or Coffee

#### *High Tea*

Cold Pork      Russian Salad  
Bakestones<sup>1</sup>      Doughnuts  
Ginger Nuts  
Lime Curd Layer Cake  
Scotch Shortbread  
Cape Fruit Salad

#### *Lunch or Supper*

Cornish Pasties      Lettuce Salad  
Creamed Rice  
Compôte of Apricots  
Oatcakes      Tomatoes  
Caraway Cheese<sup>2</sup>

#### *Dinner*

Clear Soup      Custard Dice  
Lobster Newburg<sup>3</sup>  
Casserole of Veal  
New Potatoes      Buttered Seakale  
Wine Jelly and Cream

NOTE: Add Smoked Salmon Canapés to Thursday's Dinner and Mushrooms-on-Toast to Friday's, if liked. Set seeded grapes, sliced banana or sliced peaches in Wine Jelly, if liked. <sup>1</sup>Bakestones.—Rub 3 oz. butter into  $\frac{1}{2}$  lb. self-raising flour. Stir in 1 tablespoon castor sugar and 2 or 3 tablespoons cleaned currants. Mix to a soft dough with milk. Bake on a floured girdle or hot plate till brown on both sides. <sup>2</sup>p. 21; <sup>3</sup>p. 34.

## APRIL: SECOND WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Macaroni Croquettes
Grilled Kidneys and Tomatoes	Lettuce Salad
Toast	Junket
Oatcakes	Steamed Rhubarb
Orange Marmalade	Biscuits Watercress
Tea or Coffee	Camembert Cheese
<i>Tea</i>	<i>Dinner</i>
Pork Salad (L)	Russian Eggs <sup>1</sup>
Brown Bread	Turbot Spanish Sauce
White Bread	Roast Stuffed Duck
Girdle Cakes	Green Peas Roast Potatoes
Chelsea Buns	Orange and Mint Salad <sup>2</sup>
Spiced Coffee Cakes	Cream Caramel
Date Kisses	
Stewed Figs	

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Apples	Fruit Cocktail <sup>3</sup>
Boiled Eggs	Stewed Veal and Risotto <sup>4</sup>
Toast	Gooseberry Tartlets
Hot Crumpets	Whipped Cream
Gooseberry Jelly	
Tea or Coffee	
<i>Tea</i>	<i>Dinner</i>
Scalloped Crab	Onion Soup <sup>5</sup>
Watercress Sandwiches	Roast Sirloin of Beef
Balmoral Cheese Cakes	
Cherry Buns	Roast Potatoes Buttered Greens
Walnut Gateau	
Chocolate Wafers <sup>6</sup>	Lemon Soufflé
Sliced Pineapple	Cheese Croquettes

NOTE: Add Dessert to Saturday's and Sunday's Dinner, if liked. <sup>1</sup>*Russian Eggs*.—Halve hard-boiled eggs. Mash yolks with mayonnaise. Fill whites with mashed sardines. Spread with yolks. Lay a slice of peeled tomato on canapés of fried bread. Serve stuffed half egg in centre of each. <sup>2</sup>*Fruit Cocktail*.—Mix diced, canned pineapple, fresh grapefruit and maraschino cherries to taste. Use equal quantity grapefruit and pineapple juice. <sup>3</sup> p. 88; <sup>4</sup> p. 98; <sup>5</sup> p. 121; <sup>6</sup> p. 102.

## APRIL: SECOND WEEK

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Fried Sausages	Apple Slices		Brain Snacks <sup>4</sup>
Toast	Oatcakes	Tomato	Sauce Creamed Spinach
Damson Cheese			Gooseberries
Tea or Coffee			Custard Sauce
<i>High Tea</i>		Rusks	Spring Onions
Stuffed Eggs			Gorgonzola Cheese
Brown Bread	Sally Lunn		
Clova Scones	Eccles Cakes		
Mocha Layer Cake			Cream of Carrots
Forfar Shortbread			Cold Roast Beef
Dessert			Tomato and Onion Salad
			Italian Spaghetti
			Butterscotch Pudding <sup>5</sup>
			Sardines on Toast
			<i>Dinner</i>

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Beef Terrapin <sup>6</sup> (L)	
Grilled Kippers		Grilled Tomatoes	Boiled Rice
Clova Scones (L)	Toast	Walnut and Raisin	Blancmange
Orange Jelly	Honey	Biscuits	Lettuce Salad
Tea or Coffee			Celery Cheese
<i>High Tea</i>			<i>Dinner</i>
Liver Sausage Sandwiches		Hors d'Œuvres Variétés <sup>1</sup>	
Brown Bread	Potted Cheese	Brill	Mustard Butter
Potato Scones	Rock Cakes	Grilled Lamb Chops	
Dundee Cake <sup>7</sup>		Breaded Tomatoes <sup>8</sup>	
Chocolate Biscuits		New Potatoes	Lettuce Salad
Bananas and Cream			Lemon Cream Pie

NOTE: Add Dessert to Monday's and Tuesday's Dinner, if liked. <sup>1</sup>*Hors d'Œuvres Variétés*.—Smoked Herring Canapés<sup>9</sup>, Carrot Salad<sup>10</sup>, Beetroot and Pickled Mushrooms. <sup>2</sup>*Canapés*.—Mince 2 smoked herring fillets with 1 stalk celery, 1 cooking apple, and 2 cold, boiled potatoes. Add 2 tablespoons diced beetroot and French dressing to moisten. Serve on fried bread. <sup>3</sup>*Carrot Salad*.—Flavour dressing for shredded raw carrot with mustard and sugar. <sup>4</sup> p. 101; <sup>5</sup> p. 20; <sup>6</sup> p. 5; <sup>7</sup> p. 93; <sup>8</sup> p. 25.

## APRIL: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>	
Sliced Peaches			Fried Herrings	
Bacon	Tomatoes	Fried Bread	Sauté Potatoes	
Brown Bread		Toast	Caramel Apple Pudding <sup>1</sup>	
	Lime Marmalade		Oatcakes	Radishes
	Tea or Coffee			Sour Milk Cheese
<i>High Tea</i>			<i>Dinner</i>	
Mushrooms on Toast			Scotch Broth	
Malt Bread	Raisin Scones		Russian Fish Pie <sup>2</sup>	
	Dough Cake		Mixed Grill	
Raisin Gingerbread			Grilled Mushrooms	Potato Crisps
Sponge Fingers			Chocolate	Blancmange
Pears			Bananas	and Cream

### THURSDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>	
Stewed Figs			Pork Pie	
Salmon Kedgeree			Tomato and Onion Salad	
Oatcakes	Toast		Apple Pancakes <sup>3</sup>	
	Blackberry Jelly		Biscuits	Spring Onions
	Tea or Coffee			Gruyère Cheese
<i>High Tea</i>			<i>Dinner</i>	
Spaghetti Cheese			Créam of Celery	
Lettuce Salad			Steak and Kidney Pie	
Soda Bread	Brown Toast		Mashed Potatoes	
Swiss Buns	Fruit Gems		Creamed Spinach	
	Ayrshire Shortbread		Sponge Pudding with Pineapple	
	Cape Gooseberries			Welsh Rarebit

NOTE: Add Liver Sausage Canapés<sup>4</sup> to Wednesday's Dinner and Grilled Rainbow Trout to Thursday's, if liked. <sup>1</sup>*Apple Pudding*.—Melt 12 lumps sugar to a caramel with 1 teaspoon lemon juice. Line a greased mould with rounds of bread dipped in the caramel. Peel, core and stew 6 apples to a pulp. Sweeten. Fill mould with purée. Cover with caramel bread, then with greased paper. Bake for  $\frac{1}{2}$  hour. <sup>2</sup> p. 79; <sup>3</sup> p. 55; <sup>4</sup> p. 38.

## APRIL: SECOND WEEK

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Apples		Salmon Loaf <sup>3</sup>	Parsley Sauce
Scrambled Eggs		New Potatoes	Green Peas
Toast	Crumpets	Mince Tart	
Orange Marmalade		Toast	Lettuce Salad
Tea or Coffee		Dutch Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Grilled Kippers		Smoked Salmon	
Watercress Salad		Grilled Lamb Cutlets	
Walnut Bread Toast		Lentil Purée	Sauté Potatoes
Coffee Macaroons	Cherry Cake	Carrots and Peas	
Pineapple Layer Cake		Quince Sponge <sup>1</sup>	
Golden Plums			

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Prunes		Lancashire Hot-Pot	
Fried Fish Cakes		Stewed Cabbage <sup>3</sup>	
Oatcakes	Brown Rolls	Creamed Tapioca	Sliced Peaches
Lemon Cheese		Toast	Spring Onions
Tea or Coffee		Gorgonzola Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Sardines on Toast		Clear Soup	
Bran Muffins	Currant Bread	Sea Bream Pie	
Cheese Cakes	Doughnuts	Roast Goose	Apple Sauce
Brandy Snaps	Cocoa Kisses <sup>4</sup>	Roast Potatoes	Creamed Peas
Fruit Salad		Charlotte Russe	

NOTE: Add Dessert to Friday's Dinner and Rœs on Toast to Saturday's, if liked.  
<sup>1</sup>Quince Sponge.—Pour  $1\frac{1}{2}$  cups sweet cider into a saucepan. Add 4 peeled sliced quinces. Stew till tender. Rub through a sieve. Add 1 cup castor sugar. Soften  $1\frac{1}{2}$  tablespoons gelatine in  $\frac{1}{2}$  cup cold water. Dissolve in  $\frac{1}{2}$  cup boiling water. Stir into quince pulp. When beginning to set, add 2 stiffly-frothed egg whites. Mould and turn into a glass dish. <sup>2</sup>p. 107; <sup>3</sup>p. 28; <sup>4</sup>p. 37.

## APRIL: THIRD WEEK

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Cold Goose	Rhubarb Chutney <sup>1</sup>
Poached Eggs	Fried Bacon	Scalloped Potatoes	
Rolls	Toast	Devonshire Junket	
Ginger Marmalade		Steamed Gooseberries	
Tea or Coffee		Toast	Radishes
			Cheddar Cheese
<i>High Tea</i>		<i>Dinner</i>	
American Club Sandwich (L)		Cream of Tomatoes	
Nut Bread	Currant Scones	Roast Stuffed Loin of Veal	
Victoria Sandwich		Creamed Spinach	Roast Potatoes
Coburg Cakes		Baked Bananas	Whipped Cream
Chocolate Gateau			Welsh Rarebit
Green Grapes			

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Fried Sausage Cakes		Devilled Spaghetti	
Fried Apple Slices		Lettuce and Tomato Salad	
Apple Jelly	Toast	Baked Vanilla Custard	
Waffles	Maple Syrup	Stewed Prunes	
Tea or Coffee		Oatcakes	Endive Salad
			Gorgonzola Cheese
<i>High Tea</i>		<i>Dinner</i>	
Finnan Croûtes <sup>2</sup>		Hors d'Œuvres	
Malt Fruit Bread		Fried Fillets of Plaice	
Treacle Scones <sup>3</sup>	Walnut Drops	Sauce Tartare	
Lemon Cheese Cakes		Roast Hazel Hens	
Spiced Coffee Cake		Bread Sauce	Potato Straws
Apricots and Cream		Watercress Salad	
		Pineapple Trifle	

NOTE: Add Dessert to Sunday's Dinner and Anchovy Canapés to Monday's.  
<sup>1</sup>Rhubarb Chutney.—Trim 2 lb. rhubarb. Wipe and slice. Peel and remove seeds from 1 lemon. Chop  $\frac{1}{2}$  oz. garlic. Bruise  $\frac{1}{2}$  oz. ginger. Place all in a pan, with  $\frac{1}{2}$  pint vinegar,  $\frac{1}{2}$  lb. brown sugar,  $\frac{1}{2}$  lb. picked sultanas,  $\frac{1}{2}$  oz. salt and  $\frac{1}{2}$  teaspoon cayenne pepper. Boil till thick, stirring frequently. Remove ginger. Use in a month. <sup>2</sup>p. 9; <sup>3</sup>p. 53.

## APRIL: THIRD WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Orange Juice	Veal and Ham	
Fried Mackerel	Green Pea Salad	Date Chutney
Brown Rolls	Pineapple Fritters (L)	
Oatcakes	Toast	Spring Onions
Tangerine Marmalade		Cream Cheese
Tea or Coffee		

### High Tea

<i>Veal and Green Pea Patties (L)</i>	<i>Dinner</i>
Sultana Scones	Coffee Buns
American Ribbon Cake	Mock Turtle Soup
Custard Cream Biscuits	Crawfish Mayonnaise <sup>1</sup>
Meringues	Baked Hamburg Loaf
Fruit Salad	Buttered Greens New Potatoes
	Apricot Soufflé Pancakes <sup>3</sup>

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Grapefruit	Sliced Hamburg Loaf (L)	
Scrambled Eggs	Scalloped Potatoes	
Grilled Bacon	Lettuce Salad	
Toast	Rice Pudding	Sliced Peaches
Brown Rolls	Biscuits	Radishes
Toasted Sultana Scones (L)		Dutch Cheese
Red Currant Jelly		
Tea or Coffee		

### High Tea

<i>Fried Tomato Sausages</i>	<i>Dinner</i>	
Brown Toast	Date Bread	Cream of Green Peas
Bakestones <sup>4</sup>	Brownies <sup>5</sup>	Fried Whiting
Genoa Cake		Mutton Stew <sup>2</sup>
Abernethy Biscuits		Mashed Potatoes
Dessert		Stewed Cabbage <sup>6</sup>
		Stuffed Baked Apples <sup>7</sup>
		Whipped Cream

NOTE: Add Mushrooms-on-Toast to Tuesday's Dinner, Welsh Rarebit to Wednesday's, if liked. <sup>1</sup>*Crawfish Mayonnaise*.—Remove meat from crawfish tails. Soak in French dressing for 1 hour. Flake and moisten with mayonnaise. Serve on individual salad plates lined with lettuce. Garnish with a criss-cross of pimento. <sup>2</sup>*Mutton Stew*.—Use any vegetables you have and, if plenty, delete cabbage from menu. <sup>3</sup>p. 106; <sup>4</sup>p. 45; <sup>5</sup>p. 166; <sup>6</sup>p. 28; <sup>7</sup>p. 14.

## APRIL: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Eggs Florentine
Fried Herring	Sir Walter Raleigh Pudding <sup>1</sup>
Rolls	Almond Custard Sauce
Honey	Oatcakes Spring Onions
Tea or Coffee	Gorgonzola Cheese

### High Tea

<i>High Tea</i>	<i>Dinner</i>
Veal and Ham Pie	
Lettuce and Tomato Salad	Fish Cocktail
Brown Bread Bath Buns	Roast Pork Apple Sauce
Fruit Drops Genoa Cake (L)	Broccoli Tops New Potatoes
Chocolate Nougat Cake	Loganberry Roll
Black Grapes	Stuffed Tomatoes <sup>1</sup>

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Cold Pork
Boiled Eggs	Baked Beans Apple Chutney
Soda Bread Toast	Butterscotch Pudding <sup>2</sup>
Ginger Marmalade	Digestive Biscuits
Tea or Coffee	Lettuce Celery Cheese

### High Tea

<i>High Tea</i>	<i>Dinner</i>
Fried Salmon Cakes	Cream of Beetroot
Cucumber Salad Brown Bread	Fried Smelts
Currant Scones Chelsea Biscuits	Casserole of Guinea Fowl
Vinegar Cake Flapjacks <sup>4</sup>	New Potatoes
Fresh Pears	Creamed Artichokes
	Pineapple Trifle

NOTE: Serve Lemon or Hollandaise Sauce with Fried Smelts. <sup>1</sup>*Stuffed Tomatoes*. Remove blossom ends of 4 large tomatoes. Scoop pulp into a saucepan. Add  $\frac{1}{2}$  tablespoon butter and 1 teaspoon onion. Cover and cook slowly for 5 minutes. Add 4 chopped button mushrooms,  $\frac{1}{2}$  teaspoon minced parsley, 2 tablespoons grated cheese and an egg yolk. Season to taste. Fill tomato shells. Bake for 5 minutes in a moderate oven. <sup>2</sup> p. 10; <sup>3</sup> p. 20; <sup>4</sup> p. 129.

## APRIL: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Pineapple Slices (L)		Kidneys and Macaroni	
Tomato Omelet		Buttered Spring Greens	
Toast	Rolls	Lemon Sponge	
Grapefruit Marmalade		Dried Fruit Salad	
Tea or Coffee		Oatcakes	Radishes
		Cream Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Bacon Shortcake		Oxtail Soup	
Sliced Tomato Salad		Salmon Soufflé <sup>3</sup>	
White Bread		Braised Sweetbreads	
Toasted Teacakes	Gingerbread	New Potatoes	Green Peas
Apricot Swiss Roll			Peach Flan
Bananas and Cream			

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Oranges		Cream of Tomato Soup	
Egg and Pimento Scramble <sup>1</sup>		Cold Ham	
Toast	Oatcakes	Cauliflower Cheese <sup>2</sup>	
Lemon Cheese		Apple Fritters	
Tea or Coffee			
<i>High Tea</i>		<i>Dinner</i>	
Sausage Rolls		Mandarin Cocktail	
Brown Bread	Girdle Scones	Roast Sirloin of Beef	
Dough Cake	Eccles Cakes	Mashed Turnip	Parsnip Chips
Parkin	Jap Cakes <sup>4</sup>	Roast Potatoes	
Dundee Cake <sup>5</sup>		Loganberry Fool	
Apple and Orange Salad		Biscuits	Watercress
		Blue Danish Cheese	

NOTE: Add Cheese Soufflé to Saturday's Dinner, if liked. <sup>1</sup>*Egg and Pimento Scramble*.—Allow  $1\frac{1}{2}$  tablespoons chopped pimento to 4 eggs. <sup>2</sup>*Cauliflower Cheese*.—Place a boiled cauliflower in a buttered fireproof dish. Pour over  $\frac{1}{2}$  pint well-seasoned cheese sauce. Sprinkle with breadcrumbs, dab with butter and bake in a moderate oven for 15-20 minutes till golden. <sup>3</sup>p. 1; <sup>4</sup>p. 130; <sup>5</sup>p. 93.

## APRIL: FOURTH WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Cold Roast Beef Tomato Chutney
Grilled Kippers	Baked Stuffed Potatoes <sup>2</sup>
Toast      Dough Cake	Junket
Crab Apple Jelly	Canned Apricots
Tea or Coffee	Toast      Spring Onions
	Port de Salut Cheese
<i>High Tea</i>	<i>Dinner</i>
Bacon Omelet	Lentil Purée      Fried Croûtons
Tomato Sandwiches	Scallops of Oysters
Dundee Cake (L) Walnut Bread	Braised Tongue <sup>1</sup> Madeira Sauce
Tutti Frutti Macaroons	New Potatoes      Creamed Spinach
Aberdeen Shortbread	Zabaglione
Sliced Peaches	

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Casserole of Tripe <sup>3</sup>
Fried Eggs and Bacon	Mashed Potatoes
Oatcakes      Toast	Tapioca Cream      Stewed Apples
Ginger Marmalade	Brown Rolls      Watercress
Tea or Coffee	Cheddar Cheese
<i>High Tea</i>	<i>Dinner</i>
Welsh Rarebit	Vegetable Broth
Walnut Bread      Currant Buns	Turbot Florentine <sup>4</sup>
Doughnuts	Veal Olives
Chocolate Layer Cake	Creamed Spinach
Royal Drops	Mashed Potatoes
Dessert	Charlotte Russe

NOTE: <sup>1</sup>*Braised Tongue*.—Cook half a calf's foot, 3 chopped rashers of bacon, 2 sliced onions and 3 sliced carrots in a stewpan in the bacon fat for 10 minutes. Place tip of a tongue weighing about 2 lb. on top of "braise." Add salt, pepper and 1 gill stock. Cover and cook slowly for 3 hours. Dish tongue. Strain sauce. Return to pan. Add Madeira to taste. <sup>2</sup> p. 19; <sup>3</sup> p. 17; <sup>4</sup> p. 161.



DECORATION FOR A TRIFLE, USING WHIPPED CREAM AND RATAFIAS.



## APRIL: FOURTH WEEK

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### WEDNESDAY

#### *Breakfast*

Steamed Rhubarb  
 Creamed Finnan Haddock  
 Toast Rolls  
 Grapefruit Marmalade  
 Tea or Coffee

#### *High Tea*

Fish Pie  
 Lettuce Salad  
 Walnut Bread (*L*) Swiss Buns  
 Orange Rock Cakes  
 Treacle Layer Cake  
 Custard Cream Biscuits  
 Fruit Salad

#### *Lunch or Supper*

Grilled Herrings Mustard Sauce  
 Lyonnaise Potatoes<sup>3</sup>  
 Rice Mould  
 Stewed Fruit  
 Biscuits Tomatoes  
 Gorgonzola Cheese

#### *Dinner*

Grapefruit  
 Roast Chicken Bread Sauce  
 Potato Crisps Carrots and Peas  
 Norwegian Cream<sup>1</sup>  
 Asparagus Melted Butter

### THURSDAY

#### *Breakfast*

Mandarins  
 Grilled Kidneys and Bacon  
 Toast Cocoa Bread  
 Honey  
 Tea or Coffee

#### *High Tea*

Stuffed Tomatoes  
 Brown Bread Soda Scones  
 Sultana Buns Genoa Cake  
 Ginger Nuts Eclairs  
 Green Grapes

#### *Lunch or Supper*

Chicken Broth (*L*)  
 Ham à la King<sup>4</sup>  
 Apple Pancakes<sup>2</sup>  
 Oatcakes Radishes  
 Cheshire Cheese

#### *Dinner*

Hors d'Œuvres  
 Grilled Lamb Cutlets  
 New Potatoes Buttered Greens  
 Chocolate Soufflé  
 Chicken Liver Rolls<sup>5</sup>

NOTE: <sup>1</sup>*Norwegian Cream*.—Beat 4 egg yolks with 4 oz. sugar. Fold in 4 stiffly-frothed egg whites. Dissolve 1 oz. gelatine in  $\frac{1}{2}$  pint warm water. When cool, whisk with strained juice of  $\frac{1}{2}$  lemons into eggs. Set in a glass dish. Spread with apricot jam. <sup>2</sup>*Apple Pancakes*.—Make pancakes in usual way. Fill with stewed, sweetened apples, flavoured with cinnamon and enriched with a pat of butter. <sup>3</sup> p. 42; <sup>4</sup> p. 81; <sup>5</sup> p. 3.

## APRIL: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Steamed Eggs on Anchovy Toas <sup>1</sup>
Fried Bacon and Potatoes (L)	Cottage Pudding
Toast      Rolls	Lemon Sauce <sup>2</sup>
Orange Marmalade	Biscuits      Radishes
Tea or Coffee	Caraway Cheese <sup>3</sup>

### High Tea

Mutton Pies	<i>Dinner</i>
Watercress Sandwiches	Brown Soup
Chelsea Buns    Bran Muffins	Sole Mornay <sup>1</sup>
Butterscotch Fingers	Braised Calves' Tongues
Meringues	Mashed Potatoes
Compôte of Apricots	Creamed Spinach
	Lemon Meringue Pie

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple Slices	Pressed Beef
Curried Prawns    Boiled Rice	Pickled Beetroot
Toast      Milk Rolls	Macaroni Cheese
Grapefruit      Marmalade	Orange Sponge
Tea or Coffee	Oatcakes      Lettuce
	Cream Cheese
<i>Grilled Gammon</i>	<i>Dinner</i>
Fried Tomatoes	
Brown Bread and Butter	Cream of Asparagus
Oven Scones    Devonshire Splits	Boiled Silverside with Vegetable
Coffee Layer Cake	Steamed Potatoes
Rice Biscuits	Compôte of Fruit
Mandarins	Gruyère Tit-Bits <sup>4</sup>

NOTE: Add Dessert to Friday's Dinner, and Grilled Halibut Steaks with Maitre d'Hôtel Butter to Saturday's, if liked. Cook Silverside with prepared carrots turnips, onions and dumplings. <sup>1</sup>Sole Mornay.—Lay seasoned fillets in bottom of a buttered fireproof dish. Pour over  $\frac{1}{2}$  pint cheese sauce. Sprinkle with grated cheese. Bake from 10-15 minutes in a moderate oven. <sup>2</sup>p. 15  
<sup>3</sup>p. 21; <sup>4</sup>p. 8.

*May*





# MAY: FIRST WEEK

## SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Orange Juice		Cream of Carrots	
Fried Sausages	Apple Slices	Cold Silverside	
Bran Muffins	Toast	Mixed Pickles	Potato Salad
Gooseberry Jelly		Cherry Tartlets	
Tea or Cof			
<i>High Tea</i>	<i>Dinner</i>		
Veal and Ham Pie		Fruit Cocktail <sup>3</sup>	
Watercress		Roast Duck	
Bakestones <sup>3</sup>	Soda Bread	Orange Sauce	
Jap Cakes <sup>4</sup>	Flapjacks <sup>6</sup>	New Potatoes	Buttered Peas
Date Gingerbread		Sliced Peaches	Junket
Black Grapes		Sardine Canapés	

## MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Sliced Peaches		Onion Soup <sup>4</sup>	
Bacon	Fried Bread	Macaroni Cheese	
Toast	Oatcakes	Lettuce and Tomato Salad	
Honey		Orange Milk Jelly	
Tea or Coffee		Fruit Salad	
<i>High Tea</i>	<i>Dinner</i>		
Shrimp Omelet		Cream of Potato	
Walnut Bread	Cocoa Bread	Duck Moulds <sup>1</sup> (L)	
Sultana Scones		Grilled Rump Steak	
Banana Sandwiches		Fried Potatoes	Lima Beans
Cherry Cake	Ginger Nuts	Chocolate Mousse <sup>7</sup>	
Dessert		Welsh Rarebit	

NOTE: Add Dessert to Sunday's Dinner, if liked. <sup>1</sup>*Duck Moulds*.—Mix 6 oz minced cold duck with 3 oz. fresh breadcrumbs. Stir in 1 gill boiling milk, 1 tablespoon melted butter, 2 well-beaten eggs and seasoning to taste. Lightly fold in 1 gill whipped cream. Pack into buttered dariole moulds. Cover with buttered paper. Steam from 10-15 minutes. Serve turned out with tomato sauce. <sup>3</sup> p. 46; <sup>4</sup> p. 45; <sup>6</sup> p. 130; <sup>5</sup> p. 129; <sup>6</sup> p. 121; <sup>7</sup> p. 70.

## MAY: FIRST WEEK

### TUESDAY

#### *Breakfast*

Stewed Prunes  
 Fried Fish Cakes  
 Rolls      Toast  
 Lemon Marmalade  
 Tea or Coffee

#### *High Tea*

Brawn  
 Tomato Salad  
 Malt Bread    Currant Scones  
 Cherry Cake    Nut Drops  
 Chocolate Rice Cakes  
 Green Grapes

#### *Lunch or Supper*

Ham à la King<sup>2</sup>  
 Endive Salad  
 Ground Rice Mould  
 Strawberry Syrup  
 Toast      Radishes  
 Pommel Cheese

#### *Dinner*

Liver Pâté  
 Roast Shoulder of Lamb  
 Mint Sauce  
 Buttered Carrots  
 New Potatoes  
 Fruit Compôte<sup>3</sup>

### WEDNESDAY

#### *Breakfast*

Mandarins  
 Egg and Sausage Scramble  
 Toast      Oatcakes  
 Crab Apple Jelly  
 Tea or Coffee

#### *High Tea*

Crab and Vegetable Salad  
 Brown Bread      Toast  
 Treacle Scones<sup>4</sup>    Rock Cakes  
 Raspberry Swiss Roll  
 Chocolate Biscuits  
 Steamed Rhubarb

#### *Lunch or Supper*

Cold Lamb      Russian Salad  
 Creamed Potatoes  
 Baked Apples    Custard Sauce  
 Rolls      Watercress  
 Gorgonzola Cheese

#### *Dinner*

Mulligatawny Soup  
 Fried Fillets of Plaice  
 Roast Stuffed Sheep's Heads  
 Roast Potatoes    Glazed Carrots  
 Coffee Cream<sup>1</sup>

NOTE: Add Dessert to Tuesday's Dinner and Asparagus to Wednesday's. Stuff Calf's Heart with veal forcemeat. Serve Fillets of Plaice with Sauce Hollandaise.

<sup>1</sup>*Coffee Cream*.—Dissolve  $\frac{1}{2}$  oz. gelatine in  $\frac{1}{2}$  gill warm milk. Stir in  $\frac{1}{2}$  pint coffee, 2 oz. castor sugar, and vanilla essence to taste. Slightly whip  $\frac{1}{2}$  pint cream and fold into mixture. Set in a wet mould. Serve with sliced bananas. <sup>1</sup> p. 81; <sup>1</sup> p. 4; <sup>4</sup> p. 153.

## MAY: FIRST WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Apples		Shepherd's Pie	
Finnan Kedgeree		Buttered Greens	
Brown Rolls	Toast	Sultana Sponge Puff <sup>1</sup>	
Damson Cheese		Oatcakes	Celery
Tea or Coffee		Port de Salut Cheese	
<i>High Tea</i>	<i>Dinner</i>		
Grilled Kippers		Tomato Soup	
White Bread	Rye Bread	Boiled Salmon	Sauce Tartare
Potato Scones	Oatmeal Biscuits	Cucumber Salad	
Eccles Cakes	Doughnuts	Grilled Steak	Watercress
Tutti Frutti	Gingerbread	Green Peas	Fried Potatoes
Dessert		Gooseberry Fool	

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Grapefruit		Lancashire Hot-Pot	
Kidneys and Bacon		Honeycomb Mould <sup>2</sup>	
Oatcakes	Toast	Compôte of Figs	
Ginger Marmalade		Toast	Radishes
Tea or Coffee		Caraway Cheese <sup>3</sup>	
<i>High Tea</i>	<i>Dinner</i>		
Corned Beef		Vegetable Broth	
Lettuce and Beetroot Salad	Sultana Scones	Salmon Mayonnaise (L)	
Brown Bread	Coffee Macaroons	Kidneys en Brochette <sup>4</sup>	
Pineapple Layer Cake	Oranges	Potato Crisps	Green Peas
		Butterscotch Pie	

NOTE: Add Cheese Aigrettes to Friday's Dinner and Dessert to Friday's. <sup>1</sup>Puff.— Rub 3 oz. butter into 6 oz. flour. Stir in 2 oz. castor sugar,  $\frac{1}{2}$  teaspoon baking powder, 1 beaten egg and  $\frac{1}{2}$  gill milk. Pour into a buttered mould decorated with 2 oz. cleaned sultanas. Cover with greased paper. Steam for 1 hour. Serve turned out with sweet white sauce flavoured lemon essence to taste. <sup>2</sup>p. 12; <sup>3</sup>p. 21; <sup>4</sup>p. 83.

## MAY: SECOND WEEK

### SATURDAY

#### Breakfast

Stewed Figs<sup>4</sup> (L)  
Ham Omelet  
Toast Hot Rolls  
Grapefruit Marmalade  
Tea or Coffee

#### High Tea

Hot Mutton Pies  
Lettuce Sandwiches  
Walnut Bread Chelsea Buns  
Ratafia Cheese Cakes  
Custard Cream Biscuits  
Fruit Salad

#### Lunch or Supper

Corned Beef Boiled Potatoes  
Beetroot and Onion Salad  
Viennese Pudding<sup>2</sup>  
Rolls Watercress  
Wensleydale Cheese

#### Dinner

Hors d'Œuvres  
Scallops of Brill  
Mutton Chops  
Mashed Potatoes New Turnips  
Raspberry Charlotte Russe  
Dessert

### SUNDAY

#### Breakfast

Sliced Peaches  
Fried Herrings<sup>1</sup>  
Oatcakes Toast  
Ginger Marmalade  
Tea or Coffee

#### High Tea

Curried Prawns Brown Bread  
Corn Muffins Drop Scones  
Marble Gems Jam Tartlets  
American Ribbon Cake  
Seed Cake (L)  
Bilberries

#### Lunch or Supper

Cream of Green Peas  
Fried Sausage Cakes  
Sauté Potatoes  
Orange Milk Jelly  
Cherries

#### Dinner

Grapefruit Cocktail  
Roast Scotch Beef  
Cauliflower Roast Potatoes  
Chocolate Cream Pie  
Sardines on Toast

NOTE: Add Tomato Bouillon to Saturday's Dinner, and Asparagus with melted butter to Sunday's. If liked, serve Sausage Cakes with a fried slice of pineapple to each person. Moisten New Turnips when well drained with melted butter seasoned to taste with pepper and sharpened with lemon juice. Garnish Grapefruit Cocktails each with a sprig of mint. <sup>1</sup>Herring.—Split, bone, flour and dip herring in milk, then in medium oatmeal before frying in bacon fat. <sup>2</sup>p. 89.

## MAY: SECOND WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	
Haddock Kedgeree	Cold Tongue Lettuce Salad
Rusks Toasts	Steamed Sponge Pudding
Lemon Cheese	Apricot Jam Sauce
Tea or Coffee	Oatcakes Spring Onions
	Cheddar Cheese

### *High Tea*

Egg and Pimento Scramble*	<i>Dinner</i>
Breadcrumb Girdle Scones	Brown Vegetable Soup
Walnut Bread (L)	Salmon Croquettes
Chocolate Macaroons	Cold Beef Pickled Beetroot
American Ribbon Cake (L)	Scalloped Potatoes
Shortbread Biscuits	Honey-Baked Apples
Black Grapes	

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Green Grapes	Grilled Herrings and Chips
Boiled Eggs	Mustard Sauce
Oatcakes Brown Rolls	Baked Semolina Pudding
Honey	Fruit Salad
Tea or Coffee	Rolls Watercress
<i>High Tea</i>	Gruyère Cheese
Hamburg Steaks	<i>Dinner</i>
Grilled Tomatoes	Cream of Tomatoes
Brown Bread Toast	Halibut Steaks Sauce Tartare
Bath Buns Eclairs	Grilled Lamb Cutlets
Orange Gateau	New Potatoes Green Peas
Rice Biscuits	Vanilla Ice Cream*
Bananas and Cream	Chocolate Sauce <sup>1</sup>

NOTE: Add Cheese Fondue to Monday's Dinner and Asparagus with melted butter to Tuesday's before the ice cream. Serve beef on Sunday with Tomato and Onion Salad, if liked. <sup>1</sup>Chocolate Sauce.—Melt 2 oz. chocolate in top of a double boiler. Add  $\frac{1}{2}$  cup icing sugar and  $\frac{1}{2}$  cup hot water. Bring to boil. Cook till smooth. Cool. Fold in 1 cup cream stiffly whipped, and 1 stiffly beaten egg white. Flavour with vanilla. \* p. 53; \* p. 72.

## MAY: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Stewed Kidneys and Rice
Fried Salmon Cakes	Buttered Greens
Toast Crumpets	Honeycomb Mould <sup>1</sup>
Tangerine Marmalade	Stewed Pears
Tea or Coffee	Rolls Tomatoes
	Cream Cheese
<i>High Tea</i>	<i>Dinner</i>
Stuffed Baked Eggs	Hors d'Œuvres
Watercress Sandwiches	Grilled Rainbow Trout
Date Bread Lemon Buns	Roast Breast of Veal
Devil's Food Cake <sup>2</sup>	Buttered Greens New Potatoes
Rock Cakes Cream Slices	Gooseberry Tart
Apples	Roes on Toast

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Pork Pie
Fried Bacon and Eggs	Lettuce and Tomato Salad
Oatcakes Brown Rolls	Queen of Puddings
Ginger Marmalade	Toast Spring Onions
Tea or Coffee	Gorgonzola Cheese
<i>High Tea</i>	<i>Dinner</i>
Veal Salad (L)	Minestrone
Mustard and Cress Rolls	Boiled Scotch Salmon
Date Bread (L) Cream Scones	Cucumber Salad
Yorkshire Curd Cakes	Chicken Pie
Victoria Sandwich	New Potatoes
Chocolate Biscuits	Creamed Spinach
Sliced Peaches	Vanilla Bavarois <sup>1</sup>

NOTE: <sup>1</sup> *Vanilla Bavarois*.—Scald 2 cups milk. Stir in 2 beaten eggs and  $\frac{1}{2}$  cup castor sugar. Cook in top of a double boiler, stirring constantly, until mixture coats the back of a spoon. Remove from stove. Stir in  $1\frac{1}{2}$  tablespoons gelatine, softened in  $\frac{1}{2}$  cup cold milk. Cool. When beginning to set, stir in  $\frac{1}{2}$  teaspoon vanilla. Fold in  $\frac{1}{2}$  cup cream, stiffly whipped. Leave to set in a fancy mould.

<sup>2</sup> p. 12; <sup>3</sup> p. 69.

## MAY: SECOND WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Steamed Rhubarb	Salmon Mayonnaise (L)
Grilled Kippers	Cucumber Salad (L)
Toast Crumpets	Fig Tapioca <sup>a</sup>
Damson Jelly	Rolls Radishes
Tea or Coffee	Dutch Cheese

### High Tea

Liver and Bacon	Cream of Watercress
Toast Raisin Bread	Plaice au Gratin
Bakestones <sup>4</sup>	Mutton Cutlets Onion Sauce
Dundee Cake Eccles Cakes	Creamed Potatoes
Cocoanut Biscuits	Blackcap Pudding
Dessert	Melted Sweet Butter

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Scotch Collops
Savoury Omelet	Mashed Potatoes Boiled Leeks
Oatcakes Rolls	Lemon Milk Jelly
Gooseberry Jelly	Stewed Apricots
Tea or Coffee	Toast Watercress
	Celery Cheese

### High Tea

Fried Fish and Chips	<i>Dinner</i>
Tomato Sandwiches	Prawn Cocktail
Raisin Bread (L) Drop Scones	Roast Lamb Mint Sauce
Seed Cake Brownies	Lemon Turnips <sup>1</sup> Roast Potatoes
Coffee Layer Cake	Cream Caramel
Mandarin Fingers	Fresh Pineapple <sup>a</sup>

NOTE: Add Gruyère Titbits<sup>c</sup> to Friday's Dinner and Stuffed Tomatoes to Saturday's, if liked. Serve Sauce Tartare with Fish and Chips. <sup>1</sup>Lemon Turnips.— Peel, dice, and boil turnips in salted water. Drain well. Moisten with melted butter flavoured with lemon juice and seasoned pepper. <sup>a</sup>Pineapple.— Peel and remove flesh from core in chunks. Sugar. Stand till clear. Flavour to taste with rum. <sup>c</sup>p. 76; <sup>a</sup>p. 45; <sup>b</sup>p. 166; <sup>d</sup>p. 8.

## MAY: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
<b>Grilled Sausages</b>	<b>Apple Slices</b>	<b>Cream of Celery</b>	
Rolls	Toast	Cold Lamb	Date Chutney
Lime Marmalade		Mixed Vegetable Salad	
Tea or Coffee		Rhubarb Betty	
		Custard Sauce	
<i>High Tea</i>			
Meat Pasties (L)		<i>Dinner</i>	
Lettuce Sandwiches		Oyster Stew <sup>1</sup>	
Cocoa Bread	Orange Gems	Pot Roast of Guinea Fowl	
Spiced Layer Cake		New Potatoes	Carrots and Peas
Apricot Cheese Cakes		Pineapple Trifle (L)	
Green Grapes		Asparagus	
		Melted Butter	

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Stewed Figs		Macaroni Croquettes <sup>2</sup>	
Bacon	Eggs	Tomato Sauce	
Toast	Brown Bread	Chocolate Blancmange	
	Honey	Banana Custard <sup>3</sup>	
Tea or Coffee		Toast	Spring Onions
			Caraway Cheese <sup>4</sup>
<i>High Tea</i>			
Veal and Ham Pie		<i>Dinner</i>	
Watercress		Oxtail Soup	
Brown Bread	Chelsea Buns	Lobster Newburg <sup>5</sup>	
Ginger Wafers <sup>7</sup>		American Grill <sup>6</sup>	Potato Crisps
German Pound Cake		Maître d'Hôtel Butter	
Chocolate Eclairs		Viennese Pudding <sup>8</sup>	
Pineapple Rings		Almond Custard	

NOTE: <sup>1</sup>*Oyster Stew*.—Add  $\frac{1}{2}$  pint milk to liquid from 1 can oysters,  $\frac{1}{2}$  oz. butter, pepper to taste. Boil. Add oysters. Cook  $\frac{1}{2}$  minute. Serve with cream crackers.  
<sup>2</sup>*Macaroni Croquettes*.—Cook 1 oz. macaroni in salted water. Chop finely. Melt  $\frac{1}{2}$  oz. butter. Stir in  $\frac{1}{2}$  oz. flour and  $\frac{1}{2}$  gill milk. When thick, stir in macaroni,  $\frac{1}{2}$  oz. grated cheese,  $\frac{1}{2}$  egg yolk and seasonings. Cool. Divide into 6. Egg, crumb and fry. <sup>3</sup>p. 18; <sup>4</sup>p. 21; <sup>5</sup>p. 34; <sup>6</sup>p. 11; <sup>7</sup>p. 99; <sup>8</sup>p. 89.

## MAY: THIRD WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Bilberries		Grilled Mackerel	
Steamed Eggs	Bacon Toasts	Black Butter <sup>1</sup>	
Waffles	Maple Syrup	Tapioca Cream	Fruit Salad
Tea or Coffee		Oatcakes	Radishes
			Cheshire Cheese

### *High Tea*

<i>Breakfast</i>	<i>Dinner</i>
Sardines on Toast	Melon Cocktail
Walnut Bread	Steamed Halibut
Treacle Scones <sup>2</sup>	Hollandaise Sauce
Abernethy Rock Cakes	Grilled Rump Steak
Swiss Buns	Onions Fried Potatoes
German Pound Cake (L)	Vanilla Ice Cream <sup>4</sup>
Shortbread Biscuits	Grenadine Syrup
Cherries and Cream	

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Grilled Gammon Lentil Purée
Creamed Finnan Haddock	Honeycomb Mould <sup>5</sup>
Toast	Mandarin Fingers
Brown Rolls	Rolls Watercress
Ginger Marmalade	Gorgonzola Cheese
Tea or Coffee	

### *High Tea*

<i>Breakfast</i>	<i>Dinner</i>
Fried Liver and Bacon	Vegetable Broth
Sauté Potatoes	Roast Mock Duck <sup>6</sup>
Walnut Bread (L)	Green Peas New Potatoes
Drop Scones	Chocolate Creams <sup>2</sup>
Doughnuts	
Maids of Honour	
Strawberry Swiss Roll	
Fresh Pears	Dessert

NOTE: Add Boiled Salmon, Cucumber and Sauce Tartare to Wednesday's Dinner, if liked. <sup>1</sup>*Black Butter*.—Cook 2 oz. butter in a frying pan till brown. Add  $\frac{1}{2}$  teaspoon boiled vinegar. <sup>2</sup>*Chocolate Creams*.—Beat 4 egg yolks. Stir in 3 oz. castor sugar. Melt 3 oz. chocolate in enough warm water to make a thick paste. Mix eggs, sugar and chocolate. Set in small moulds. When firm, turn out. Garnish with whipped cream. <sup>3</sup> p. 153; <sup>4</sup> p. 72; <sup>5</sup> p. 12; <sup>6</sup> p. 35.

## MAY: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches	Scalloped Crab
Fried Salmon Cakes	Tapioca Cream
Rusks      Toasts	Stewed Plums
Lemon Jelly	Toast      Spring Onions
Tea or Coffee	Cheddar Cheese

### High Tea

Tongue	Asparagus Salad	<i>Dinner</i>
White Bread	Walnut Bread (L)	Cream of Mushrooms
Coburg Cakes	Greengage Tarts	Lobster Mayonnaise
Raisin	Gingerbread	Roast Stuffed Veal
Coffee	Macaroons	Creamed Spinach
	Fruit Salad	New Potatoes
		Gooseberry Tart

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Cold Veal      Apricot Chutney
Egg and Green Pea Scramble	Mixed Vegetable Salad
Toast      Oatcakes	Chocolate Blancmange
Orange Marmalade	Banana Custard <sup>3</sup>
Tea or Coffee	Oatcakes      Radishes
	Wensleydale Cheese

### High Tea

Fish Pie <sup>3</sup>	<i>Dinner</i>
Date Bread      Currant Scones	Grapefruit Cocktail
Cherry Gems      Queen Cakes	Boiled Turbot      Egg Sauce
Pineapple Layer Cake	Casserole of Chicken <sup>1</sup>
Chocolate Biscuits	New Potatoes      Cauliflower
Black Grapes	Apricot Soufflé Pancakes <sup>4</sup>

NOTE: Add Welsh Rarebit to Thursday's Dinner and Stuffed Tomatoes to Friday's, if liked. <sup>1</sup>*Casserole of Chicken*.—Peel and wash  $\frac{1}{2}$  lb. mushrooms. Slice into a frying pan. Add 1 oz. butter, seasonings, and a peeled sliced onion. Fry 10 minutes. Joint chicken, place in casserole with 2 oz. chopped bacon, fried mushroom mixture, and dab with 1 oz. butter. Cover and cook in a moderate oven till tender in about an hour. <sup>3</sup>p. 18; <sup>4</sup>p. 79; <sup>4</sup>p. 106.

## MAY: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Steamed Rhubarb	Scallops of Turbot (L)
Grilled Kippers	Cucumber Salad
Toast Brown Rolls	Ground Rice Mould
Lemon Marmalade	Strawberry Syrup
Tea or Coffee	Toast Olives
	Cream Cheese
<i>High Tea</i>	<i>Dinner</i>
Fish Mayonnaise	Kidney Soup
Brown Bread Date Bread (L)	Blanquette of Veal <sup>1</sup> (L)
Cream Buns Brownies <sup>2</sup>	Mashed Potatoes Glazed Carrots
Flapjacks <sup>3</sup>	Treacle Tart
Ginger Nuts Madeira Cake	Cheese Soufflé
Apricots and Cream	

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Curried Eggs Boiled Rice
Fried Sausages and Bread	Steamed Chocolate Pudding
Oatcakes Crumpets	Custard Sauce
Honey	Rolls Lettuce Salad
Tea or Coffee	Gorgonzola Cheese
<i>High Tea</i>	<i>Dinner</i>
Scalloped Hake	Hors d'Œuvres
Toast Cocoa Bread	Roast Beef Grated Horseradish
Marble Gems Ginger Wafers <sup>4</sup>	Green Peas New Potatoes
Madeira Cake (L)	Cream Caramel
Chocolate Biscuits	Asparagus
Dried Fruit Salad	Melted Butter

NOTE: Add Dessert to Saturday's Dinner and Stuffed Eggs to Sunday's.  
<sup>1</sup>*Blanquette of Veal*.—Slice cold veal thinly. Melt 2 oz. butter in a saucepan. Add 1 oz. flour. Stir in enough hot water to make a thick gravy. Season. Boil 2 minutes. Add veal. Stand pan in boiling water for 10 minutes. Dish up veal. Stir 2 beaten egg yolks and 1 teaspoon minced parsley into gravy. Pour over meat. <sup>2</sup>p. 166; <sup>3</sup>p. 129; <sup>4</sup>p. 99.

## MAY: FOURTH WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apricots	Baked Stuffed Potatoes <sup>3</sup>
Liam Omelet	Lemon Milk Jelly
Brown Rolls      Toast	Stewed Figs
Red Currant Jelly	Biscuits      Spring Onions
Tea or Coffee	Gruyère Cheese
<i>High Tea</i>	
Tongue Sandwiches	<i>Dinner</i>
Tomato Sandwiches	Clear Soup
Cocoa Bread (L)      White Bread	Tunny Fish Scallops
Wheaten Scones      Chelsea Buns	Cold Roast Beef      Mixed Pickles
Raspberry Swiss Roll	Scalloped Potatoes
Custard Cream Biscuits	Green Pea Salad
Dried Fruit Salad (L)	

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Shepherd's Pie
Fried Salmon Cakes	Rhubarb Summer Pudding <sup>1</sup>
Toast      Oatcakes	Whipped Cream
Lime Marmalade	Toast      Radishes
Tea or Coffee	Cheshire Cheese
<i>High Tea</i>	
Baked Stuffed Eggs	<i>Dinner</i>
Malt Bread      Currant Scones	Tomato Soup
Eccles Cakes      Shortbread	Sole Mornay <sup>3</sup>
Orange Gingerbread	Stuffed Shoulder of Mutton
Meringues	New Potatoes      Buttered Greens
Dessert	Vanilla Ice Cream <sup>4</sup>
	Chocolate Sauce <sup>5</sup>

NOTE: Add Scotch Angels<sup>6</sup> to Monday's Dinner and Dessert to Tuesday's.  
<sup>1</sup>*Summer Pudding*.—Line bottom and sides of a pudding basin with bread cut  $\frac{1}{8}$  inch thick. Fill with steamed, sweetened rhubarb, or any other cooked fruit. Cover with a round of bread. Stand basin in a soup plate. Cover with a small plate and weight. Stand 24 hours. Turn on to a glass dish. <sup>1</sup> p. 19; <sup>3</sup> p. 56; <sup>4</sup> p. 72; <sup>5</sup> p. 61; <sup>6</sup> p. 24.



PETITS FOUPS AND ICE CREAM : A SUMMER SWEET.



## MAY: FOURTH WEEK

### WEDNESDAY

#### *Breakfast*

Stewed Figs  
 Grilled Kidneys and Bacon  
 Rolls      Toasted Brown Bread  
 Damson Cheese  
 Tea or Coffee

#### *High Tea*

Baked Stuffed Haddock  
 Malt Bread (L)   Drop Scones  
 Queen Cakes   Eccles Cakes  
 Devil's Food Cake<sup>1</sup>  
 Cocoanut Biscuits  
 Bananas and Cream

#### *Lunch or Supper*

Cold Mutton  
 Lettuce and Tomato Salad  
 Baked Custard  
 Stewed Gooseberries  
 Rolls      Spring Onions  
 Caraway Cheese<sup>2</sup>

#### *Dinner*

Grapefruit  
 Stuffed Tomatoes  
 Grilled Spring Chicken  
 Sauté Potatoes   Creamed Spinach  
 Apricot Soufflé

### THURSDAY

#### *Breakfast*

Pineapple Chunks  
 Steamed Eggs   Bacon Toasts  
 Toast   Oatcakes  
 Tangerine Marmalade  
 Tea or Coffee

#### *High Tea*

Brown   Russian Salad  
 Brown Bread   Girdle Scones  
 Swiss Buns   Flapjacks<sup>4</sup>  
 Spiced Fruit Cake  
 Almond Macaroons  
 Green Grapes

#### *Lunch or Supper*

Grilled Herrings and Chips  
 Mustard Sauce  
 Sultana Sponge Puff<sup>3</sup>  
 Toast   Watercress  
 Gorgonzola Cheese

#### *Dinner*

Vegetable Broth  
 Fillets of Plaice  
 Sauce Tartare  
 Roast Stuffed Sheep's Hearts  
 Roast Potatoes   Braised Onions  
 Cherry Flan

NOTE: <sup>1</sup>Devil's Food Cake.—Cream  $\frac{1}{2}$  cup butter and  $1\frac{1}{2}$  cups sugar. Stir in 4 egg yolks. Melt 6 tablespoons grated chocolate in 5 tablespoons boiling water. Cool. Stir into egg mixture. Sift  $1\frac{1}{2}$  cups flour with 3 teaspoons baking powder and pinch salt. Add  $\frac{1}{2}$  cup milk to mixture, then flour. Fold in 4 stiffly-frothed egg whites and 1 teaspoon vanilla. Bake in a greased baking tin for  $\frac{1}{2}$  hour in a slow oven. <sup>2</sup> p. 21; <sup>3</sup> p. 59; <sup>4</sup> p. 120.

## MAY: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Mushroom Omelet
Salmon Kedgeree	Baked Semolina Pudding
Rolls	Stewed Dried Apricots
Gooseberry Jelly	Outcakes Radishes
Tea or Coffee	Cheddar Cheese

### High Tea

<i>High Tea</i>		<i>Dinner</i>
Russian Fish Pie <sup>2</sup>		Mulligatawny Soup
White Bread	Soda Bread	Cod Steaks au Gratin
Bakestones <sup>3</sup>		Hamburg Loaf
Lemon Buns	Maids of Honour	Fried Bananas New Potatoes
Orange Layer Cake		Buttered Spring Greens
Ginger Nuts		Trifle
Dessert		

### SATURDAY

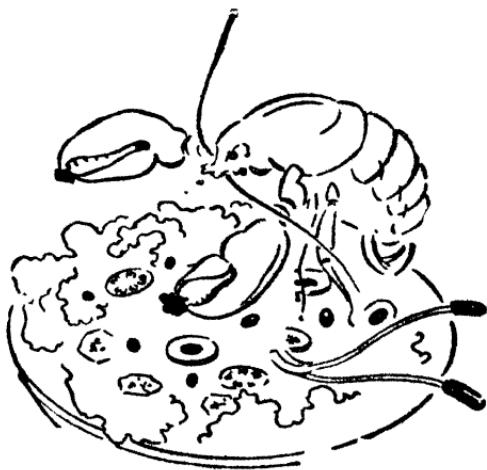
<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Prunes		Macaroni Croquettes <sup>4</sup>
Grilled Tomato Sausages		Lettuce Salad
Toast	Oatcakes	Devonshire Junket Fruit Salad
Ginger Marmalade		Biscuits Spring Onions
Tea or Coffee		Gorgonzola Cheese

### High Tea

<i>High Tea</i>		<i>Dinner</i>
Tongue and Egg Mayonnaise		Mandarin Cocktail
Brown Bread	Soda Bread (L)	Roast Duck Apple Sauce
Currant Scones	Coburg Cakes	Orange and Mint Salad <sup>5</sup>
Pineapple Layer Cake		Green Peas New Potatoes
Chocolate Biscuits		Chocolate Mousse <sup>1</sup>
Melon		Asparagus

NOTE: <sup>1</sup>*Chocolate Mousse*.—Pour 2 cups milk into top of double boiler. Heat. Add 1 cup caster sugar,  $\frac{1}{2}$  teaspoon salt and 4 tablespoons custard powder, dissolve in enough milk to cream. Stir till boiling. Boil for 5 minutes. Add 2 oz unsweetened chocolate. When blended, cool. Add  $1\frac{1}{2}$  teaspoons vanilla essence and 1 cup cream stiffly whipped. Pour into a glass dish and chill. <sup>2</sup> p. 79; <sup>3</sup> p. 4!  
<sup>4</sup> p. 64; <sup>5</sup> p. 88.

June





## JUNE: FIRST WEEK

### SUNDAY

#### *Breakfast*

Sliced Peaches  
 Grilled Kippers  
 Oatcakes      Toast  
     Honey  
 Tea or Coffee

#### *High Tea*

Veal and Ham Pie  
 White Bread   Potato Salad  
     Toasted Bath Buns  
 Cherry Cakes   Seed Cake  
     Chocolate Macaroons  
     Fruit Salad

#### *Lunch or Supper*

Cream of Asparagus  
 Tongue Salad (L)  
     Lemon Sponge  
 Stewed Gooseberries

#### *Dinner*

Melon      Ginger Marmalade  
     Roast Loin of Veal  
 Roast Potatoes   Braised Lettuce  
     Rhubarb Fool  
     Biscuits      Radishes  
     Gervais Cheese

### MONDAY

#### *Breakfast*

Steamed Rhubarb (L)  
 Eggs      Bacon   Tomatoes  
     Toast      Brown Bread  
     Lemon Marmalade  
     Tea or Coffee

#### *Lunch or Supper*

Creamed Chicken Breasts<sup>1</sup>  
 Mashed Potatoes   Lettuce Salad  
     Baked Bananas and Cream  
     Toast      Spring Onions  
     Cheddar Cheese

#### *High Tea*

Welsh Rarebit  
 Oatcakes      Nut Bread  
 Seed Cake (L)   Cherry Cakes (L)  
     Gooseberry Tartlets  
     Custard Cream Biscuits  
     Apricots and Cream

#### *Dinner*

Mock Turtle Soup  
 Cold Veal   Pickled Beetroot  
 Potato Balls   French Beans  
     Gooseberry Tart  
     Cauliflower Cheese<sup>2</sup>

NOTE: Add Scalloped Oysters to Sunday's Dinner and make Asparagus Omelet  
 the second course of Monday's. Use canned oysters for scalloping. <sup>1</sup>*Creamed*  
*Chicken Breasts*.—Use glassed breasts. Heat till jelly is melted. Make a white  
 sauce, using the jelly and milk for liquid. Add breasts. Reheat. If liked, add a  
 cup of drained canned peas to sauce before the breasts. <sup>2</sup> p. 53.

## JUNE: FIRST WEEK

### TUESDAY

#### *Breakfast*

Grilled Chipolatas  
Fried Apple Slices  
Rolls      Toast  
Lime Marmalade  
Tea or Coffee

#### *High Tea*

Scrambled Eggs  
Asparagus  
Toast      Nut Bread (L)  
Jap Cakes<sup>4</sup>      Flapjacks<sup>5</sup>  
Strawberry Swiss Roll  
Cape Grapes

#### *Lunch or Supper*

Curried Veal (L)      Boiled Rice  
Honeycomb Mould<sup>3</sup>  
Stewed Plums  
Biscuits      Watercress  
Gorgonzola Cheese

#### *Dinner*

Cream of Artichokes  
Boiled Salmon and Cucumber  
Scallops of Veal<sup>3</sup>  
New Potatoes      Buttered Peas  
Vanilla Ice Cream<sup>1</sup>  
Strawberry Syrup

### WEDNESDAY

#### *Breakfast*

Orange Juice  
Finnan Kedgeree  
Oatcakes      Brown Rolls  
Red Currant Jelly  
Tea or Coffee

#### *High Tea*

Grilled Herrings  
Mustard Sauce  
Toast      White Bread  
Orange Cheese Cakes  
Eclairs      Rock Cakes  
Mocha Layer Cake  
Dessert

#### *Lunch or Supper*

Salmon Mayonnaise (L)  
Cucumber Salad (L)  
Apple Betty  
Almond Custard Sauce  
Rolls      Radishes  
Dutch Cheese

#### *Dinner*

Hors d'Œuvres  
Fried Skate      Black Butter<sup>6</sup>  
Grilled Mutton Chops  
New Potatoes      Buttered Greens  
Cream Caramel  
Sliced Bananas

NOTE: <sup>1</sup> *Vanilla Ice Cream*.—Sift 1 cup castor sugar and 1 tablespoon flour into a basin. Stir in 1 pint scalded milk. Pour into a saucépan. Stir until smooth and boiling. Cool slightly. Stir in 1 tablespoon gelatine softened in 2 tablespoons water. Leave till cold. Fold in  $\frac{1}{2}$  tablespoon vanilla essence, 1 stiffly-frothed egg white and 1 pint stiffly-whipped cream. Freeze in a refrigerator tray without stirring. <sup>2</sup> p. 12; <sup>3</sup> p. 35; <sup>4</sup> p. 130; <sup>5</sup> p. 129; <sup>6</sup> p. 65.

## JUNE: FIRST WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Apples	Fried Fish and Chips
Scrambled Eggs	Lettuce and Tomato Salad
Oatcakes      Rolls	Butterscotch Pudding <sup>2</sup>
Grapefruit Marmalade	Oatcakes      Spring Onions
Tea or Coffee	Cheshire Cheese
<i>High Tea</i>	<i>Dinner</i>
Devilled Kidneys <sup>3</sup>	Tomato Soup
Potato Crisps Watercress	Sole with Mushroom Sauce
Currant Bread      Drop Scones	Grilled Lamb Cutlets
Banana Cheese Cakes	Green Peas      New Potatoes
Sand Cake	Apricot Soufflé Pancakes <sup>4</sup>
Chocolate Biscuits	Asparagus      Melted Butter
Stewed Plums	

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Polish Rabbit <sup>1</sup>
Fried Finnan Haddock	Mixed Vegetable Salad
Toast      Brown Rolls	Coffee Cream <sup>5</sup>
Tangerine Marmalade	Rolls      Radishes
Tea or Coffee	Gruyère Cheese
<i>High Tea</i>	<i>Dinner</i>
Shrimp Omelet	Fruit Cocktail
White Bread      Toast	Sole Florentine <sup>7</sup>
Treacle Scones <sup>6</sup> Bath Buns	Boiled Chicken      Egg Sauce
Doughnuts      Eccles Cakes	New Potatoes      Endive Salad
Apricot Swiss Roll	Lemon Meringue Pie
Strawberries	Scotch Woodcock

NOTE: <sup>1</sup>Polish Rabbit.—Put 1 lb. lean beef through a mincer with  $\frac{1}{2}$  lb. veal and a small peeled onion. Stir in  $\frac{1}{2}$  cup breadcrumbs, 1 egg,  $\frac{1}{2}$  cup stock and salt and pepper to taste. Bake in a greased loaf tin covered with a buttered paper for half an hour. Serve cold, garnished with lettuce and tomatoes. <sup>2</sup>p. 26; <sup>3</sup>p. 27; <sup>4</sup>p. 106; <sup>5</sup>p. 58; <sup>6</sup>p. 153; <sup>7</sup>p. 161.

## JUNE: SECOND WEEK

### SATURDAY

#### *Breakfast*

Stewed Figs  
Fried Salmon Cakes  
Oatcakes Rolls  
Lemon Cheese  
Tea or Coffee

#### *High Tea*

Melton Mowbray Pie  
Tomato and Onion Salad  
Brown Bread Sultana Scones  
Flapjacks<sup>4</sup> Eclairs  
Devil's Food Cake<sup>5</sup>  
Walnut Wafers  
Compôte of Cherries

#### *Lunch or Supper*

Chicken Salad (L)  
Honeycomb Mould<sup>3</sup>  
Fruit Salad  
Toast Watercress  
Caraway Cheese<sup>3</sup>

#### *Dinner*

Mulligatawny Soup  
Braised Halibut  
Hamburg Steaks  
Grilled Tomatoes New Potatoes  
Fruit Trifle  
Chicken Liver Rolls<sup>4</sup>

### SUNDAY

#### *Breakfast*

Sliced Peaches  
Fried Bacon Corn Fritters<sup>7</sup>  
Toast Brown Bread  
Damson Jelly  
Tea or Coffee

#### *High Tea*

Liver Sausage Sandwiches  
White Bread Watercress  
Bakestones<sup>8</sup>  
Brownies<sup>9</sup> Date Kisses  
Devil's Food Cake<sup>6</sup> (L)  
Marzipan Biscuits  
Bilberries

#### *Lunch or Supper*

Pressed Beef Potato Salad  
Devonshire Junket  
Steamed Apricots  
Oatcakes Tomatoes  
Potted Cheese<sup>1</sup>

#### *Dinner*

Clear Chicken Broth (L)  
Roast Lamb Mint Sauce  
Roast Potatoes Cauliflower  
Loganberry Fool  
Asparagus  
Melted Butter

NOTE: Add Oysters au Gratin (canned oysters) to Sunday's Dinner, if liked. <sup>1</sup>Potted Cheese.—Melt 1 tablespoon butter in a saucepan. Stir in  $\frac{1}{2}$  lb. grated Cheddar and cayenne pepper to taste. Stir till melted, then gradually beat in 1 egg yolk diluted with  $\frac{1}{2}$  cup cream. Stir constantly till thick and smooth, then pot and seal. <sup>2</sup>p. 12; <sup>3</sup>p. 21; <sup>4</sup>p. 129; <sup>5</sup>p. 60; <sup>6</sup>p. 3; <sup>7</sup>p. 78; <sup>8</sup>p. 45; <sup>9</sup>p. 166.

## JUNE: SECOND WEEK

### MONDAY

#### *Breakfast*

Oranges  
 Finnan Kedgeree  
 Rolls Toast  
 Ginger Marmalade  
 Tea or Coffee

#### *High Tea*

Asparagus Omelet (L)  
 Malt Bread Currant Scones  
 Swiss Buns Queen Cakes  
 Walnut Gingerbread  
 Vanilla Wafers  
 Pineapple

#### *Lunch or Supper*

Devilled Spaghetti  
 Lettuce and Tomato Salad  
 Ground Rice Mould  
 Peach Syrup (L)  
 Toast Spring Onions  
 Cheddar Cheese

#### *Dinner*

Minestrone  
 Salmon Soufflé<sup>3</sup>  
 Cold Lamb Apricot Chutney  
 Creamed Potatoes  
 Green Pea Salad  
 Butterscotch Pie

### TUESDAY

#### *Breakfast*

Green Grapes  
 Steamed Eggs Fried Bacon  
 Brown Bread  
 Waffles Maple Syrup  
 Tea or Coffee

#### *High Tea*

Fried Fish in Batter  
 Lettuce Salad  
 Brown Bread Toast  
 Drop Scones Bath Buns  
 Walnut Gingerbread (L)  
 Coffee Eclairs  
 Cherries

#### *Lunch or Supper*

Liver and Bacon  
 New Potatoes Stewed Cucumber  
 Chocolate Blancmange  
 Banana Custard<sup>3</sup>  
 Oatcakes Radishes  
 Bel Paese Cheese

#### *Dinner*

Hors d'Œuvres  
 Fried Plaice Sauce Tartare  
 Baked Veal Chops  
 Mashed Potatoes  
 Creamed Spinach  
 Strawberry Shortcake<sup>1</sup>

NOTE: <sup>1</sup>*Strawberry Shortcake*.—Make a soft dough with 2 cups flour,  $\frac{1}{2}$  teaspoon salt, 3 teaspoons baking powder, 2 tablespoons castor sugar,  $\frac{1}{2}$  cup butter, and  $\frac{1}{2}$  cup milk. Divide in two. Roll into 2 rounds to fit a sandwich tin. Place one in greased tin. Spread with melted butter. Place second on top. Bake. Split. Fill with sweetened strawberries. Serve with whipped cream. <sup>2</sup> p. 1; <sup>3</sup> p. 18.

## JUNE: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Grapefruit		Fish Pie <sup>2</sup>
	Grilled Kippers		Tomato and Onion Salad
Toast	Brown Rolls		Fig Tapioca <sup>1</sup>
	Honey		Vanilla Custard Sauce
	Tea or Coffee		Rolls Radishes
			Camembert Cheese
<i>High Tea</i>		<i>Dinner</i>	
	Ham and Egg Pie		Cream of Asparagus
	Watercress		Crab Croquettes Tomato Sauce
Fruit Bread	Oven Scones		Stewed Pigeons
Brownies <sup>3</sup>	Cherry Buns		New Potatoes Green Peas
	German Pound Cake		Vanilla Ice Cream <sup>4</sup>
	Strawberries and Cream		Loganberry Syrup

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Mandarins		Ham and Tongue
Bacon	Fried Potatoes		Mixed Vegetable Salad
Oatcakes	Toast		Ground Rice Mould
	Lemon Marmalade		Sliced Peaches
	Tea or Coffee		Toast Spring Onions
			Dutch Cheese
<i>High Tea</i>		<i>Dinner</i>	
	Grilled Kidneys		Tomato Soup
	Fried Mushrooms		Sole à la Portugaise <sup>5</sup>
White Bread	Cocoa Bread		Roast Veal
Nut Drops	Cream Slices		Carrots and Peas New Potatoes
	German Pound Cake (L)		Pear Flan
	Rice Biscuits		Whipped Cream
	Cherries		

NOTE: Add Asparagus before Ice Cream to Wednesday's Dinner and Sausage and Bacon Rolls<sup>6</sup> to Thursday's, if liked. <sup>1</sup>Fig Tapioca. — Place  $\frac{1}{2}$  lb. chopped figs,  $\frac{1}{2}$  cup tapioca, 3 gills hot water,  $\frac{1}{2}$  cup brown sugar and  $\frac{1}{2}$  teaspoon ground cinnamon in the top of a double boiler. Cover and cook over hot water for 2 hours. Mould. Turn out when chilled. <sup>2</sup>p. 79; <sup>3</sup>p. 166; <sup>4</sup>p. 72; <sup>5</sup>p. 163; <sup>6</sup>p. 18.

## JUNE: SECOND WEEK

### FRIDAY

#### *Breakfast*

Stewed Prunes  
Ham Omelet  
Toast Rolls  
Gooseberry Jelly  
Tea or Coffee

#### *Lunch or Supper*

Cold Veal Lettuce Salad  
Apricot Flan  
Devonshire Cream  
Biscuits Radishes  
Carraway Cheese<sup>2</sup>

#### *High Tea*

Hamburg Loaf  
Lettuce Salad  
Soda Bread Cocoa Bread (L)  
Crumpets Chelsea Buns  
Strawberry Swiss Roll  
Chocolate Biscuits  
Black Grapes

#### *Dinner*

Fruit Cocktail  
Lobster Thermidor<sup>1</sup>  
Grilled Lamb Cutlets  
Glazed Carrots New Potatoes  
Cream Caramel  
Rum Cream

### SATURDAY

#### *Breakfast*

Grapefruit  
Scrambled Eggs  
Oatcakes Toast  
Lime Marmalade  
Tea or Coffee

#### *Lunch or Supper*

Grilled HERRINGS  
Mustard Sauce  
Fried Chips Cucumber Salad  
Walnut Banana Jelly  
Toast Tomatoes  
Gervais Cheese

#### *High Tea*

Stuffed Eggs  
Watercress Sandwiches  
Soda Bread (L) Sultana Scones  
Buttered Dough Cake  
Cream Buns Eccles Cakes New Potatoes  
Chocolate Biscuits  
Sliced Peaches

#### *Dinner*

Cream of Celery  
Stuffed Tomatoes  
Roast Duckling  
Buttered Peas  
Orange and Mint Salad<sup>3</sup>  
Strawberries and Cream

NOTE: <sup>1</sup>*Lobster Thermidor*.—Halve 2 medium lobsters. Remove and chop flesh. Melt 1 tablespoon butter in a saucepan. Add lobster,  $\frac{1}{2}$  teaspoon minced onion and 2 tablespoons white wine. Cook 5 minutes, stirring constantly. Add  $\frac{1}{2}$  lb. minced, peeled mushrooms,  $\frac{1}{2}$  tablespoon tomato purée, and cook 5 minutes. Pile into shells. Cover with white sauce. Sprinkle with grated Parmesan cheese. Bake till cheese is melted. <sup>2</sup> p. 21; <sup>3</sup> p. 88.

## JUNE: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Stewed Figs		Cold Boiled Ham
Kidneys and Tomatoes		Potato Salad
Toast	Brown Rolls	Strawberry Blancmange
Red Currant Jelly		Biscuits Spring Onions
Tea or Coffee		Roquefort Cheese
<i>High Tea</i>	<i>Dinner</i>	
Brown	Lettuce Salad	Vegetable Broth
Toast	Oatcakes	Boiled Silverside
Brownies <sup>1</sup>	Meringues	Mixed Vegetables
Buttered Dough Cake (L)		Mashed Potatoes
Petit Fours		Pineapple Charlotte
Fresh Fruit Salad		Scotch Angels on Horseback <sup>4</sup>

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Grapefruit		Cold Silverside
Cold Ham	Corn Fritters <sup>1</sup>	Mixed Vegetable Salad
Toast		Pineapple Fritters (L)
Orange Marmalade		Toast Radishes
Tea or Coffee		Port de Salut Cheese
<i>High Tea</i>	<i>Dinner</i>	
Fried Salmon Cakes		Hors d'Œuvres <sup>3</sup>
Farmhouse Bread		Roast Stuffed Leg of Lamb
Oatmeal Scones		Roast Potatoes Buttered Greens
Coburg Cakes	Flapjacks <sup>5</sup>	Tipsy Squire <sup>6</sup>
Gooseberry Tartlets		Cauliflower Cheese <sup>7</sup>
Dundee Cake <sup>8</sup>		
Strawberries		

NOTE: <sup>1</sup>*Corn Fritters*.—Drain a small can of sweet corn. Stir in  $\frac{1}{2}$  cup flour sifted with 1 teaspoon baking powder, 2 teaspoons salt and  $\frac{1}{2}$  teaspoon paprika. Add 2 well-beaten eggs and 1 tablespoon minced parsley. Drop in spoonfuls into deep, smoking-hot fat. Fry till golden. <sup>3</sup>*Hors d'Œuvres*.—Tin of "Thon," fillets of anchovy, egg mayonnaise, black olives, tomato salad, potato salad. <sup>4</sup> p. 166; <sup>5</sup> p. 24; <sup>6</sup> p. 129; <sup>7</sup> p. 39; <sup>8</sup> p. 53; <sup>9</sup> p. 93.

## JUNE: THIRD WEEK

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Fried Sausages	and Apple Slices	Russian Fish Pie <sup>1</sup>	
Oatcakes	Toast	Lettuce and Tomato Salad	
Honey		Honeycomb Mould <sup>2</sup>	
Tea or Coffee		Stewed Gooseberries	
<i>High Tea</i>		Biscuits	Watercress
		Gorgonzola Cheese	
		<i>Dinner</i>	
Ham and Cress Rolls		Cream of Mushrooms	
Wheaten Scones	Lemon Buns	Fried Smelts	
Doughnuts	Ribbon Cake	Grilled Fillet of Steak	
Dundee Cake (L)		Grilled Tomatoes	Potato Chips
Shortbread Biscuits		Vanilla Ice Cream <sup>3</sup>	
Cherries		Raspberry Syrup	

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Orange Juice		Cold Lamb	Corn Pudding <sup>4</sup>
Asparagus Omelet		Pickled Beetroot	
Toast	Brown Rolls	Strawberry Jelly	
Blackberry Jelly		Toast	Spring Onions
Tea or Coffee		Dutch Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Scallops of Hake		Kidney Soup	
Milk Bread	Toast	Boiled Salmon	Sauce Tartare
Devonshire Splits		Casserole of Guinea Fowls	
Queen Cakes	Macaroons	Mashed Potatoes	Buttered Peas
Mocha Layer Cake		Chocolate Soufflé	
Dessert		Liver Sausage Canapés <sup>5</sup>	

NOTE: <sup>1</sup>*Fish Pie*.—Roll  $\frac{1}{2}$  lb. rough puff pastry into a square. Mix  $\frac{1}{2}$  lb. cooked, flaked fish with 2 tablespoons well-seasoned white sauce. Place in centre of pastry. Cover with 2 sliced hard-boiled eggs. Brush edges of pastry with water, fold up like an envelope, turn upside down in a baking tin. Brush with beaten egg. Bake for 25 minutes in a hot oven. <sup>2</sup> p. 12; <sup>3</sup> p. 72; <sup>4</sup> p. 41; <sup>5</sup> p. 38.

## JUNE: THIRD WEEK

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Sliced Peaches		Cold Ham
Grilled Gammon		
Fried Tomatoes		
Oatcakes	Toast	Strawberry Tartlets
Ginger Marmalade		Rolls Radishes
Tea or Coffee		Gorgonzola Cheese
<i>High Tea</i>		<i>Dinner</i>
Fried Kippers		Grapefruit
Watercress		Braised Halibut
Brown Bread	Drop Scones	Scallops of Veal <sup>1</sup>
Bath Buns	Rock Cakes	Asparagus Tips New Potatoes
American Ribbon Cake		Strawberry Ice Cream
Chocolate Biscuits		
Dried Fruit Salad		

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Steamed Rhubarb		Melon
Creamed Finnan Haddock		Fried Cod Steaks
Brown Rolls	Toast	Mashed Potatoes
Lemon Cheese		Meringues
Tea or Coffee		Oatcakes Watercress
<i>High Tea</i>		Wensleydale Cheese
Liver Sausage Sandwiches		<i>Dinner</i>
Malt Fruit Bread		Cream of Green Peas
Treacle Scones <sup>3</sup>		Salmon Soufflé <sup>4</sup> Shrimp Sauce
Maids of Honour	Jap Cakes <sup>4</sup>	Braised Mutton Chops
Tangerine Layer Cake		Mashed Potatoes
Strawberries and Cream		Black Currant Flan

NOTE: Add Asparagus to Thursday's Dinner before the ice cream and Roes on Toast to Friday's, if liked. Make Salmon Soufflé<sup>2</sup> of boiled or canned salmon. Serve Cream of Green Peas in cups with a teaspoon of whipped cream floating on each portion. Serve Black Currant Flan either with whipped, sweetened cream or with Custard Sauce. <sup>1</sup> p. 35; <sup>2</sup> p. 1; <sup>3</sup> p. 153; <sup>4</sup> p. 130.

## JUNE: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Strawberries			Ham à la King <sup>1</sup> (L)
Grilled Bacon	Fried Bread		Asparagus Salad
Toast	Oatcakes		Milk Jelly
Damson Cheese			Stewed Gooseberries
Tea or Coffee			Toast Spring Onions
<i>High Tea</i>			Cheddar Cheese
Boiled Salmon	Sauce Tartare		
Cucumber Salad			<i>Dinner</i>
Toast	Milk Rolls		Tomato Soup
Fruit Bread (L)	Cherry Buns	Roast Beef	Yorkshire Pudding
Apricot Cheese Cakes		Roast Potatoes	Buttered Greens
Devil's Food Cake <sup>3</sup>			Vanilla Ice Cream <sup>2</sup>
Figs and Cream			Strawberries

### SUNDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Stewed Gooseberries (L)	Cold Beef (L)	Pickled Beetroot	
Ham Omelet (L)		Waldorf Salad <sup>4</sup>	
Rolls	Toast	Vanilla Blancmange	
Lemon Marmalade		Pineapple Slices	
Tea or Coffee		Oatcakes	Radishes
<i>High Tea</i>			Gorgonzola Cheese
Ham and Egg Pie			
Tomatoes	Watercress		<i>Dinner</i>
Brown Bread	Potato Scones	Cream of Green Pea	
Queen Cakes	Brownies <sup>5</sup>	Roast Turkey	
Devil's Food Cake <sup>3</sup> (L)	Bread Sauce	Currant Jelly	
Rice Biscuits	Roast Potatoes	Braised Chicory	
Cherries		Cream Caramel	
		Dessert	

NOTE: Braised Halibut to Saturday's Dinner and Roes on Toast to Sunday's, if liked. <sup>1</sup>Ham à la King.—Melt 1 tablespoon butter in a saucepan. Stir in 1 tablespoon flour. When frothy, stir in 1 cup milk. Stir till boiling. Season to taste with pepper and minced parsley. Stir in 1½ cups chopped ham and 2 chopped hard-boiled eggs. Serve on squares of hot buttered toast. <sup>2</sup>p. 72; <sup>3</sup>p. 69; <sup>4</sup>p. 29; <sup>5</sup>p. 166.

## JUNE: FOURTH WEEK

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Shepherd's Pie (L)	
Fried Kippers		Buttered Spring Greens	
Toast	Brown Rolls	Devonshire Junket	
Honey		Steamed Apricots	
Tea or Coffee		Rolls Watercress	
<i>High Tea</i>		<i>Caraway Cheese<sup>2</sup></i>	
Grilled Chipolatas		<i>Dinner</i>	
Tomato Sandwiches		Hors d'Œuvres	
Brown Bread	Currant Scones	Trout à la Meunière	
Coffee Buns	Eccles Cakes	Sliced Turkey and Tongue (L)	
Lemon Layer Cake		Scalloped Potatoes <sup>3</sup>	
Chocolate Biscuits		Tomato Salad	
Bananas and Cream		Fruit Trifle	

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Cherries		Turkey Croquettes (L)	
Egg and Pimento Scramble <sup>4</sup>		Lettuce and Tomato Salad	
Brown Rolls	Toast	Semolina Mould	
Orange Marmalade		Raspberry Syrup	
Tea or Coffee		Toast Spring Onions	
<i>High Tea</i>		<i>Dutch Cheese</i>	
Grilled Herrings	Mustard Sauce	<i>Dinner</i>	
Toast	Brown Bread	Clear Vegetable Soup	
Wheaten Scones	Sultana Buns	Lobster Newburg <sup>5</sup>	
Dundee Cake <sup>6</sup>		Veal Marengo <sup>1</sup>	
Lemon Layer Cake (L)		New Potatoes Buttered Spinach	
Fruit Salad		Gooseberry Tart	

NOTE: Add Cauliflower Cheese<sup>8</sup> to Monday's Dinner and Shrimp Canapés to Tuesday's, if liked. <sup>1</sup>Veal Marengo.—Cut 2 lb. lean veal into small pieces. Fry in olive oil till brown, then remove. Fry  $\frac{1}{2}$  lb. sliced onion. Sprinkle with 2 oz. flour, and when brown add  $\frac{1}{2}$  gills white wine and 3 gills white stock. Stir till blended. Add  $\frac{1}{2}$  lb. chopped mushrooms and 1 lb. stewed tomatoes, sieved. Season. Cover. Simmer  $\frac{1}{2}$  hours. <sup>2</sup>p. 21; <sup>3</sup>p. 53; <sup>4</sup>p. 34; <sup>5</sup>p. 93; <sup>6</sup>p. 53.

## JUNE: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Steamed Rhubarb		Veal and Ham Pie	
Fried Fish Cakes		Lettuce and Tomato Salad	
Toast	Oatcakes	Strawberries and Cream	
Gooseberry Jelly		Oatcakes Radishes	
Tea or Coffee		Gorgonzola Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Sliced Tongue	Tomato Salad	Turkey Broth (L)	
Malt Bread	Drop Scones	Baked Stuffed Sea Bream	
Date Drops	Swiss Roll	Roast Sheep's Hearts	
	Shortbread	Roast Potatoes Stewed Cabbage <sup>3</sup>	
Chocolate Eclairs		Ritz Creams <sup>3</sup>	
Green Grapes			

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Orange Juice		Kidneys en Brochette <sup>1</sup>	
Mushroom Omelet		Watercress Potato Straws	
Rolls	Toast	Honeycomb Mould <sup>4</sup>	
Lime Marmalade		Stewed Prunes	
Tea or Coffee		Brown Rolls Spring Onions	
		Cheddar Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Salmon Mayonnaise		Iced Melon Ginger Marmalade	
White Bread	Toast	Grilled Turbot Steaks	
Cocoa Bread	Chelsea Buns	Braised Tongue <sup>5</sup>	
Pineapple Layer Cake		Creamed Spinach New Potatoes	
Ginger Nuts		Berry Tartlets	
Strawberries and Cream			

NOTE: Add Asparagus to Wednesday's Dinner menu before the sweet, and serve Finnan Crosties<sup>6</sup> at end of Thursday's Dinner. Substitute Purée of Green Peas, if liked, for Creamed Spinach with Braised Tongue, and Peach Flan for Berry Tartlets. <sup>1</sup>Kidneys en Brochette.—Halve sheep's kidneys lengthwise. Skewer halves alternately with slices of fat bacon and peeled mushrooms. Grill for  $\frac{1}{2}$  hour. Season to taste. <sup>2</sup>p. 28; <sup>3</sup>p. 3; <sup>4</sup>p. 12; <sup>5</sup>p. 54; <sup>6</sup>p. 9.

## JUNE: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Strawberries		Scotch Collops	
Finnan Kedgeree	Mashed Potatoes	Broad Beans	
Toast		Peach Trifle	
Red Currant Jelly	Toast	Watercress	
Tea or Coffee		Cheshire Cheese	
<i>High Tea</i>			
Veal and Ham Pie		Scotch Broth	
Lettuce and Tomato Salad		Fried Fillets of Plaice	
Date Bread	Currant Scones	Grilled Rump Steak	
Coffee Buns	Doughnuts	Breaded Tomatoes <sup>3</sup> Potato Chips	
Pineapple Layer Cake (L)		Loganberry Charlotte	
Dessert		Tongue Canapés (L.)	
<i>Dinner</i>			

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Melon		Fish Pie <sup>3</sup>	
Poached Eggs on Bacon Toasts		Cucumber Salad	
Brown Rolls	Oatcakes	Junket	Stewed Plums
Grapefruit Marmalade		Rolls	Radishes
Tea or Coffee		Roquefort Cheese	
<i>High Tea</i>			
Baked Stuffed Eggs		Melon Cocktail	
Watercress Sandwiches		Pot Roast of Guinea Fowls	
Date Bread (L)	Treacle Scones <sup>4</sup>	Creamed Potatoes	French Beans
Eccles Cakes	Flapjacks <sup>5</sup>	Coffee	Ice Cream
Lawn Tennis Cake <sup>1</sup>		Sardines	on Toast
Gooseberries and Cream			
<i>Dinner</i>			

NOTE: <sup>1</sup>Cake.—Cream 4 oz. butter with 5 oz. castor sugar. Stir in 5 oz. flour sifted with 1 teaspoon baking powder and 2 oz. cornflour, beaten yolks of 4 eggs, 4 oz. cleaned sultanas, 3 oz. chopped glacé cherries, 2 oz. chopped candied peel. Fold in 4 stiffly-frothed egg whites. Bake in 2 buttered layer cake tins in a hot oven for about 10 minutes. Cool. Sandwich with marzipan. <sup>2</sup>p. 25; <sup>3</sup>p. 79; <sup>4</sup>p. 153; <sup>5</sup>p. 129.

July





## JULY: FIRST WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	
Boiled Eggs	Cold Ham
Toast	Rolls
Heather Honey	
Tea or Coffee	
<i>High Tea</i>	
Scalloped Crab	
Mustard and Cress Sandwiches	
Sally Lunn	Bran Muffins
Macaroon Cheese Cakes	
Strawberry Cream Sandwich	
Walnut Wafers	
Dessert	
	<i>Dinner</i>
	Cream of Tomato
	Roast Shoulder of Lamb
	Mint Sauce
	New Potatoes
	Buttered Broad Beans
	Fruit Salad and Cream
	Hot Cheese Straws

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	
Fried Finnan Haddock	
Rolls	Oatcakes
Lemon Cheese	
Tea or Coffee	
<i>High Tea</i>	
Prawn Mayonnaise	
Lettuce and Tomato Salad	
Brown Bread	Oven Scones
Eccles Cakes	Swiss Buns
Walnut Gingerbread	
Date Kisses	
Fresh Pears	
	<i>Dinner</i>
	Vegetable Broth
	Cold Roast Lamb and Chutney
	Creamed Potatoes
	Scalloped Spinach <sup>1</sup>
	Lemon Meringue Pie

NOTE: Add Prawn Patties to Sunday's Dinner and Dessert to Monday's. Serve whipped cream with Tangerine Jelly. <sup>1</sup>Scalloped Spinach.—Cook  $\frac{1}{2}$  peck spinach till tender. Drain. Mince. Stir in 2 tablespoons butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup grated cheese, seasonings and ground mace to taste, and 1 beaten egg. Place in a greased baking dish, sprinkled with crumbs. Cover with crumbs and grated cheese. Bake 40 minutes in a moderate oven. <sup>8</sup> p. 41.



## JULY: FIRST WEEK

### SUNDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Grapefruit			Stewed Knuckle of Veal
Boiled Eggs	Cold Ham		Buttered Peas Boiled Rice
Toast	Rolls		Tangerine Jelly
Heather Honey			Biscuits Tomatoes
Tea or Coffee			Leicester Cheese
<i>High Tea</i>			
Scalloped Crab			
Mustard and Cress Sandwiches			Cream of Tomato
Sally Lunn	Bran Muffins		Roast Shoulder of Lamb
Macaroon Cheese Cakes			Mint Sauce
Strawberry Cream Sandwich			New Potatoes
Walnut Wafers			Buttered Broad Beans
Dessert			Fruit Salad and Cream
			Hot Cheese Straws
<i>Dinner</i>			

### MONDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Stewed Figs			Grilled Ham
Fried Finnan Haddock			Corn Pudding <sup>2</sup>
Rolls	Oatcakes		Fried Pineapple
Lemon Cheese			Lemon Blancmange
Tea or Coffee			Stewed Apricots
<i>High Tea</i>			
Prawn Mayonnaise			Toast Spring Onions
Lettuce and Tomato Salad			Gorgonzola Cheese
Brown Bread	Oven Scones		
Eccles Cakes	Swiss Buns		
Walnut Gingerbread			
Date Kisses			Dinner
Fresh Pears			
			Vegetable Broth
		Cold	Roast Lamb and Chutney
			Creamed Potatoes
			Scalloped Spinach <sup>1</sup>
			Lemon Meringue Pie

NOTE: Add Prawn Patties to Sunday's Dinner and Dessert to Monday's. Serve whipped cream with Tangerine Jelly. <sup>1</sup>Scalloped Spinach.—Cook  $\frac{1}{2}$  peck spinach till tender. Drain. Mince. Stir in 2 tablespoons butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup grated cheese, seasonings and ground mace to taste, and 1 beaten egg. Place in a greased baking dish, sprinkled with crumbs. Cover with crumbs and grated cheese. Bake 40 minutes in a moderate oven. <sup>2</sup> p. 41.

## JULY: FIRST WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Cherries	Grilled Mackerel	Black Butter	<sup>3</sup>
Fried Bacon	Potato Crisps	Lettuce Salad	
Bread			
Toast	Pineapple Sponge		
Tangerine Marmalade	Rolls	Radishes	
Rolls			
Tea or Coffee	Brie	Cheese	
<i>High Tea</i>	<i>Dinner</i>		
Lamb Pasties (L)	Cream of Asparagus		
Tomato Salad	Baked Salmon Steaks		
Brown Bread	Casserole of Hazel Hens <sup>1</sup>		
Currant Scones	Mashed Potatoes		
Chocolate Macaroons	Watercress Salad		
Chelsea Buns	Chocolate Ice Cream		
Walnut Gingerbread (L)			
Strawberries and Cream			

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Fresh Figs	Veal and Ham Pie		
Chipolata Omelet	Lettuce	Tomatoes	
Toast	Vanilla Milk Jelly		
Oatcakes	Sliced Peaches		
Lime Marmalade	Toast	Spring Onions	
Tea or Coffee	Cheddar Cheese		
<i>High Tea</i>	<i>Dinner</i>		
Sardines on Toast	Melon Cocktail		
Walnut Bread	Braised Halibut		
Sultana Buns	Roast Ribs of Beef		
Spiced Fruit Cake	Roast Potatoes	French Beans	
Cherry Tartlets	Strawberries	and Cream	
Dessert			

NOTE: <sup>1</sup>*Casserole of Hazel Hens.*—Place 4 chopped rashers of streaky bacon in a frying pan. Cook till fat flows. Remove bacon to a casserole. Rub 2 birds with seasoned flour. Brown in bacon fat. Place in casserole. Add 1 gill stock. Cover. Bake till tender in about half an hour. Grill 4 bacon rashers. Place ½ bird on each. Strain and skim gravy. Serve in hot sauceboat. <sup>2</sup> p. 65.

# JULY: FIRST WEEK

## THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Oranges	Cold Beef	Pickled Beetroot
Grilled Kippers	Green Pea Salad	
Rolls	Creamed Tapioca	
Damson Cheese	Steamed Rhubarb	
Tea or Coffee	Biscuits	Tomatoes
		Camembert Cheese
<i>High Tea</i>		
Devilled Eggs		<i>Dinner</i>
Smoked Fillets of Herring	Clear Soup	
Brown Bread	Hot Cheese Straws	
Jap Cakes <sup>3</sup>	Marble Gems	Grilled Sole
	Shortbread	Sauce Tartare
Spiced Fruit Cake (L)		Veal Olives
Fresh Pears	Mashed Potatoes	Buttered Peas
		Chocolate Charlotte

## FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Sliced Peaches (L)	Shepherd's Pie (L)	
Boiled Eggs	Buttered Spring Greens	
Toast	Red Currant Fool	
	Oatcakes	Watercress
Honey		Leicester Cheese
Tea or Coffee		
<i>High Tea</i>		
Cucumber Sandwiches	Salmon Bisque <sup>1</sup>	
Shrimp Cracknels	Stuffed Baked Tomatoes	
Malt Bread	Grilled Lamb Cutlets	
Doughnuts	New Potatoes	Buttered Greens
	Raspberry Summer Pudding <sup>4</sup>	
Chocolate Swiss Roll		Whipped Cream
Strawberries and Cream		

NOTE: Add Dessert to Thursday's Dinner and Welsh Rarebit to Friday's. <sup>1</sup>*Salmon Bisque*.—Skin and bone 6 oz. canned salmon. Rub salmon through a hair sieve. Stir 2 tablespoons flour into 2 tablespoons melted butter. When frothy, stir in 1 pint hot milk. Stir till smooth. Add  $\frac{1}{2}$  pint milk and salmon purée. Stir till boiling. Add minced parsley and seasonings to taste. Serve with crackers.

<sup>3</sup> p. 153; <sup>4</sup> p. 130; <sup>4</sup> p. 68; <sup>5</sup> p. 30.

## JULY: SECOND WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Green Grapes	Sliced Tongue
Fried Herrings <sup>3</sup>	Potato Salad Mixed Pickles
Toast Oatcakes	
Red Currant Jelly	
Tea or Coffee	Banana Jelly
	Biscuits Tomatoes
	Gorgonzola Cheese
	<i>Dinner</i>
	Grapefruit
	Fillets of Sole au Gratin
	Kidneys en Brochette <sup>4</sup>
	Potato Straws Creamed Spinach
	Vanilla Ice Cream <sup>5</sup>
	Strawberries

<i>High Tea</i>	<i>Breakfast</i>	<i>Lunch or Supper</i>
	Macedoine of Bream <sup>1</sup>	
	White Bread Toast	
	Bran Muffins Cherry Buns	
	American Ribbon Cake	
	Rice Biscuits	Potato Straws Creamed Spinach
	Fresh Figs	Vanilla Ice Cream <sup>5</sup>
		Strawberries

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Baked Salmon Soufflé <sup>6</sup>
Savoury Omelet	Cucumber Salad
Brown Rolls Toast	Ground Rice Mould
Lemon Marmalade	Lemon Sauce <sup>7</sup>
Tea or Coffee	Toast Spring Onions
	Cheddar Cheese
	<i>Dinner</i>
	Tomato Soup
	Roast Stuffed Duck
	New Potatoes Buttered Peas
	Orange and Mint Salad <sup>8</sup>
	Chocolate Mousse <sup>10</sup>

<i>High Tea</i>	<i>Breakfast</i>	<i>Dinner</i>
Finnan Croûtes <sup>9</sup>		
Milk Bread Cocoa Bread		
Ginger Wafers <sup>10</sup> Gold Cake		
Tutti Frutti Gems		
Chocolate Biscuits		
Peaches and Cream		

NOTE: <sup>1</sup>*Macedoine of Bream*.—Boil 2 lb. bream. Drain a tin of macedoine of vegetables. Moisten with French dressing. Arrange round bream, dressed mayonnaise and diced cucumber. <sup>2</sup>*Orange Salad*.—Halve 4 oranges and remove pulp carefully with a pointed spoon. Place in a basin with juice, 1½ tablespoons sugar, juice of ½ lemon, 2 tablespoons mint. Chill. <sup>3</sup>p. 60; <sup>4</sup>p. 83; <sup>5</sup>p. 72; <sup>6</sup>p. 1; <sup>7</sup>p. 15; <sup>8</sup>p. 9; <sup>9</sup>p. 99; <sup>10</sup>p. 70.

## JULY: SECOND WEEK

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Prunes		Ham and Tongue	
Boiled Eggs		Russian Salad	
Toast	Oatcakes	Apple Pancakes <sup>3</sup>	
Gooseberry Jelly		Biscuits	Tomatoes
Tea or Coffee		Leicester Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Sausage Rolls		Grapefruit Cocktail	
Cucumber Sandwiches		Boiled Silverside	
Walnut Bread	Drop Scones	Carrots	Turnips
Cocoa Bread (L)	Date Drops	Viennese Pudding <sup>1</sup>	Potatoes
Orange Gingerbread		Custard Sauce	
Coconut Biscuits		Mushroom Canapés	
Cherries			

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Strawberries		Cold Silverside	Apricot Chutney
Bacon and Eggs		Mixed Vegetable Salad	
Oatcakes	Toast	Chocolate	Blancmange
Orange Marmalade		banana	Custard <sup>3</sup>
Tea or Coffee		Toast	Radishes
<i>High Tea</i>		<i>Dinner</i>	
Jellied Meat Salad (L)		Hors d'Oeuvres	
White Bread	Walnut Bread (L)	Steamed Salmon	Sauce Tartare
Sultana Scones	Muffins	Grilled Fillet Steak	
Genoa Cake		Maître d'Hôtel Butter	
Chocolate Biscuits		Potato Straws	Green Peas
Black Grapes		Cream Caramel	

NOTE: Add Dessert to Monday's Dinner and Cauliflower Cheese<sup>4</sup> to Tuesday's.  
<sup>1</sup> *Viennese Pudding*.—Caramelize 1 oz. loaf sugar. Add  $\frac{1}{2}$  pint milk and let caramel dissolve. Mix 3 oz. cleaned sultanas, 2 oz. chopped, mixed peel, 5 oz. breadcrumbs with 3 oz. castor sugar. Add 2 beaten eggs and  $\frac{1}{2}$  gill sherry to milk. Strain over bread and fruit in a buttered basin. Stand half an hour. Cover with buttered paper. Steam till firm. <sup>2</sup> p. 55; <sup>3</sup> p. 18; <sup>4</sup> p. 53.

## JULY: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Pineapple		
Egg and Green Pea Scramble	Salmon Mayonnaise (L)	
Toast Wheaten Rolls	Cucumber Salad	
Ginger Marmalade	Fairy Pudding <sup>1</sup>	
Tea or Coffee	Custard Sauce	
	Biscuits Spring Onions	
	Gorgonzola Cheese	
	<i>Tea</i>	
Stuffed Tomatoes	<i>Dinner</i>	
Brown Bread Toast	Cream of Tomatoes	
Milk Scones Bath Buns	Fried Fish Cakes	
Ratafia Cheese Cakes	Boiled Chicken Caper Sauce	
Coffee Eclairs	Mashed Potatoes Green Peas	
Fruit Salad	Strawberry Ice Cream	
	<i>Friandises</i>	

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Green Grapes		
Grilled Gammon and Tomatoes	Chicken Salad (L)	
Rolls Oatcakes	Lemon Milk Jelly	
Lemon Jelly	Stewed Pears	
Tea or Coffee	Oatcakes Tomatoes	
	Camembert Cheese	
	<i>High Tea</i>	
Chicken Liver Rolls <sup>3</sup> (L)	<i>Dinner</i>	
White Bread Soda Scones	Hotch Potch	
Coffee Buns Marble Gems	Lobster Newburg <sup>2</sup>	
Genoa Cake (L)	Scallops of Veal <sup>4</sup>	
Chocolate Wafers <sup>5</sup>	Buttered Beans New Potatoes	
Oranges	Black Currant Fool	
	Vanilla Wafers	

NOTE: Add Lettuce Salad, Melba Toast and Brie Cheese to Wednesday's Dinner and Welsh Rarebit to Thursday's, if liked. <sup>1</sup>*Fair Pudding*.—Put  $\frac{1}{2}$  pint water and 1 cup sugar to boil with rind and juice of a lemon. When boiling, strain. Mix  $\frac{1}{2}$  tablespoons cornflour to a cream with cold water. Stir into liquid. Boil for 3 minutes, stirring constantly. Cool. Fold in 2 stiffly-frothed egg whites. Mould. <sup>2</sup>p. 34; <sup>3</sup>p. 3; <sup>4</sup>p. 35; <sup>5</sup>p. 102.

## JULY: SECOND WEEK

### FRIDAY

#### *Breakfast*

Sliced Peaches  
 Fried Eggs and Bacon  
 Toast Brown Rolls  
 Heather Honey  
 Tea or Coffee

#### *High Tea*

Scotch Eggs and Watercress  
 Brown Bread Dough Cake  
 Rock Cakes Meringues  
 Apricot Swiss Roll  
 Marzipan Biscuits  
 Peaches and Cream

#### *Lunch or*

Melton Mowbray Pie  
 Cucumber and Lettuce Salad  
 Strawberry Shortcake  
 Rusks Radishes  
 Leicester Cheese

#### *Dinner*

Strawberry Cocktail  
 Fried Whitebait and Lemon  
 Guinea Fowl Voisin<sup>2</sup>  
 Mashed Potatoes  
 Carrots and Peas  
 Zabaglione

### SATURDAY

#### *Breakfast*

Grapefruit  
 Bacon and Corn Fritters<sup>4</sup>  
 Oatcakes Toast  
 Damson Cheese  
 Tea or Coffee

#### *High Tea*

Shrimp Toasts  
 Milk Bread Fruit Bread  
 Cream Scones Sultana Buns  
 Marshmallow Layer Cake  
 Ginger Nuts  
 Dessert

#### *Lunch or Supper*

Salmon Loaf<sup>3</sup> Egg Sauce  
 Buttered Green Peas  
 Apple Fritters  
 Digestive Biscuits Watercress  
 Gorgonzola Cheese

#### *Dinner*

Onion Soup<sup>5</sup>  
 Guinea Fowl Croquettes (L)  
 Mixed Grill  
 Potato Straws Grilled Tomatoes  
 Black Currant Cream<sup>1</sup>

NOTE: Add stuffed Tomatoes to Friday's Dinner and Tunny Fish Canapés to Saturday's. <sup>1</sup>*Black Currant Cream*.—Dissolve  $\frac{1}{4}$  oz. gelatine in  $\frac{1}{2}$  gill hot black currant purée. Beat 3 eggs. Stir in  $1\frac{1}{2}$  pints milk. Pour into top of a double boiler. Stir till thick. Add 2 oz. castor sugar. Remove from stove. Stir in currant purée. Pour into a basin. When ready to set, stir in 1 gill cream, whipped till thick. Mould. Turn out. Decorate with whipped cream. <sup>2</sup> p. 44; <sup>3</sup> p. 107; <sup>4</sup> p. 78; <sup>5</sup> p. 121.

## JULY: THIRD WEEK

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Orange Juice		Cold Hamburg Loaf	
Grilled Kidneys and Tomatoes		Apple and Beetroot Salad	
Toast              Rolls		Baked Custard and Mandarins	
Lime Marmalade		Oatcakes      Spring Onions	
Tea or Coffee		Caraway Cheese <sup>2</sup>	
<i>High Tea</i>		<i>Dinner</i>	
Liver Pâté		Cream of Mushrooms	
Toast              Watercress		Roast Mutton      Onion Sauce	
Walnut Bread	Currant Scones	Creamed Potatoes	
Devonshire Splits		Buttered Broad Beans	
Devil's Food Cake <sup>3</sup>		Pineapple Charlotte	
Rice Biscuits		Roes on Toast	
Cherries			

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Figs		Cold Ham and Tomatoes	
Grilled Sausages	Fried Apples	Piccalilli	
Rye Rolls	Toast	Scalloped Potatoes	
Honey		Junket	
Tea or Coffee		Steamed Plums	
<i>High Tea</i>		Toast              Tomatoes	
Tunny Fish Toasts		Dutch Cheese	
Cucumber Sandwiches		<i>Dinner</i>	
Walnut Bread (L)	Drop Scones	Hors d'Œuvres	
Eccles Cakes	Coburg Cakes	Scalloped Crab	
Fruit Gingerbread		Curried Mutton <sup>1</sup> (L)	
Date Kisses		Boiled Rice (L)	
Fresh Figs		Mango Chutney      Green Peas	
		Fresh Fruit Salad	
		Whipped Cream	

NOTE: <sup>1</sup>*Curried Mutton*.—Remove all gristle from 1 lb. cold mutton before chopping and weighing. Melt 4 oz. butter in a saucepan. Add 2 peeled sliced onions, 2 dessertspoons flour, and 2 dessertspoons curry powder. Stir 2 minutes, then add 2 chopped apples, 2 tablespoons chutney, 1 pint stock, salt to taste. When boiling, simmer for half an hour. Add meat, squeeze of lemon juice and 2 or 3 tablespoons cream. <sup>2</sup> p. 21; <sup>3</sup> p. 69.

## JULY: THIRD WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Grapefruit	Fried Meat Cakes	
Scrambled Eggs	Scalloped Potatoes	Lettuce Salad
Toast	Stewed Dried Apricots	
Grapefruit Marmalade	Custard Sauce	
Tea or Coffee	Rolls	Radishes
	Cheddar Cheese	
<i>High Tea</i>	<i>Dinner</i>	
Ham and Egg Pie	Vegetable Broth	
Mustard and Cress Sandwiches	Fried Brill	Tomato Sauce
Malt Bread	Grilled Spring Chicken	
Cream Buns	New Potatoes	French Beans
Fruit Gingerbread (L)	Gooseberry Fool	
Strawberries		

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Oranges	Kidney Omelet	
Grilled Gammon	Creamed Tapioca	
Fried Bananas	Steamed Greengages	
Brown Rolls	Biscuits	Spring Onions
Toast	Gorgonzola Cheese	
Tangerine Marmalade		
Tea or Coffee		
<i>High Tea</i>	<i>Dinner</i>	
Devilled Eggs	Mock Turtle Soup	
Watercress Sandwiches	Grilled Trout	
Brown Bread	Maître d'Hôtel Butter	
Crumpets	Scotch Colllops	
Ratafia Cheese Cakes	Buttered Leeks	New Potatoes
Dundee Cake <sup>1</sup>	Cherry Flan	
Shortbread Biscuits		
Bananas and Mandarins		

NOTE: Add Welsh Rarebit to Tuesday's Dinner and Stuffed Tomatoes to Thursday's if liked. <sup>1</sup>Dundee Cake.—Cream  $\frac{1}{2}$  lb. butter and  $\frac{1}{2}$  lb. castor sugar. Beat in 6 oz. eggs, weighed in their shells, one at a time. Sift in 5 oz. flour. Add  $\frac{1}{2}$  lb. currants and 6 oz. chopped candied peel. Beat in another 6 oz. eggs as before. Sift in 5 oz. flour. Place in a greased cake tin lined with greased paper. Cover with blanched almonds. Bake in a moderate oven.

## JULY: THIRD WEEK

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Prunes		Collops au Gratin <sup>1</sup> (L)	
Finnan Kedgeree		Stewed Cabbage <sup>2</sup>	
Toast	Corn Bread	Junket	Stewed Cherries
Gooseberry Jelly		Oatcakes	Watercress
Tea or Coffee		Gorgonzola Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Prawn Mayonnaise		Melon Cocktail	
Brown Bread	Muffins	Grilled Salmon Steaks	
Coburg Cakes	Jap Cakes <sup>3</sup>	Maitre d'Hôtel Butter	
Orange Cheese Cakes		Casserole of Bohemian Pheasant	
Dundee Cake (L)		Buttered Peas	New Potatoes
Green Grapes		Cream Caramel	

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Gooseberries		Devilled Kidneys <sup>5</sup>	
Fried Bacon	Corn Fritters <sup>4</sup>	New Potatoes	Grilled Tomatoes
Rolls	Toast	Plum Fool (L)	
Grapefruit	Marmalade	Biscuits	Radishes
Tea or Coffee		Cheshire Cheese	
: : :		<i>Dinner</i>	
Veal Galantine		Cream of Green Peas	
Green Pea Salad		Grilled Lamb Cutlets	
Toast	Cocoa Bread	Broad Beans	Potato Straws
Swiss Buns	Treacle Scones <sup>6</sup>	Fruit Salad	
Strawberry	Swiss Roll	Petits Fours	
Chocolate Biscuits		Cheese Soufflé	
Fresh Figs			

NOTE: Add Welsh Rarebit to Thursday's Dinner and Fried Sole with Sauce Hollandaise to Friday's. <sup>1</sup>*Collops au Gratin*.—Place the remainder of Scotch Collops in the bottom of a buttered fireproof dish. Cover with mashed potatoes, mixed with hot milk, butter and pepper and salt to taste. Ornament with a fork. Dab with butter. Bake in a hot oven till brown on top. <sup>2</sup> p. 28; <sup>3</sup> p. 130; <sup>4</sup> p. 78; <sup>5</sup> p. 27; <sup>6</sup> p. 153.

## JULY: FOURTH WEEK

### SATURDAY

#### *Breakfast*

Apricots  
Poached Eggs  
Oatcakes Brown Rolls  
Orange Marmalade  
Tea or Coffee

#### *High Tea*

Macaroni au Gratin  
Tomato Sandwiches  
Cocoa Bread (*L*) Oven Scones  
Chelsea Buns Queen Cakes  
Devil's Food Cake<sup>5</sup>  
Rice Biscuits  
Greengages

#### *Lunch or Supper*

Grilled Herrings Mustard Sauce  
Lyonnaise Potatoes<sup>8</sup>  
Ground Rice Mould  
Crushed Pineapple  
Rolls Spring Onions  
Leicester Cheese

#### *Dinner*

Kidney Soup  
Sole Mornay<sup>4</sup>  
Casserole of Steak  
Mashed Potatoes French Beans  
Raspberries and Cream  
Mushroom Canapés

### SUNDAY

#### *Breakfast*

Grapefruit  
Chipolatas and Fried Tomatoes  
Toast Pastry Crescents  
Lemon Cheese<sup>1</sup>  
" Tea or Coffee

#### *High Tea*

Tunny Fish Canapés  
Tomato Sandwiches  
Malt Bread Drop Scones  
Coffee Macaroons  
Walnut Wafers  
Pineapple Layer Cake  
Melon

#### *Lunch or Supper*

Brawn  
Lettuce and Tomato Salad  
Black Currant Flan  
Toast Watercress  
Carraway Cheese<sup>6</sup>

#### *Dinner*

Hors d'Œuvres<sup>3</sup>  
Salmon Soufflé<sup>7</sup>  
Roast Scotch Beef  
Roast Potatoes Mashed Turnips  
Fruit Salad  
Whipped Cream

NOTE: <sup>1</sup>*Lemon Cheese*.—Place 2 oz. fresh butter and  $\frac{1}{2}$  lb. loaf sugar in a double boiler. Add the grated rind of 2 lemons and the strained juice. Beat and stir in 4 eggs. Keep stirring till the mixture coats the back of the spoon. Pot and seal. <sup>2</sup>*Hors d'Œuvres*.—Choose Sardines, Beetroot Salad, Olives, Liver Sausage and Egg Mayonnaise. <sup>3</sup> p. 42; <sup>4</sup> p. 56; <sup>5</sup> p. 69; <sup>6</sup> p. 21; <sup>7</sup> p. 1.

## JULY: FOURTH WEEK

### MONDAY

#### *Breakfast*

Pineapple  
Grilled Kippers  
Toast      Oatcakes  
Tangerine Marmalade  
Tea or Coffee

#### *High Tea*

Brawn  
Lettuce and Beetroot Salad  
White Bread      Malt Bread (*L*)  
Lemon Buns      Doughnuts  
Cherry Cake  
Meringues  
Stewed Plums

#### *Lunch or Supper*

Shepherds' Pie (*L*)  
Buttered Vegetable Marrow  
Apple Betty  
Custard Sauce  
Biscuits      Radishes  
Gruyère Cheese

#### *Dinner*

Minestrone  
Cold Roast Beef  
Pickled Beetroot  
Scalloped Potatoes      Cauliflower  
Loganberry Flan  
Cheese Fondue

### TUESDAY

#### *Breakfast*

Greengages  
Fried Salmon Cakes  
Brown Rolls      Toast  
Heather Honey  
Tea or Coffee

#### *High Tea*

Grilled Mackerel  
Cucumber Sandwiches  
Brown Bread      Toast  
Orange Gems      Dough Cake  
Devonshire Splits  
Chocolate Wafers<sup>3</sup>  
Bilberries

#### *Lunch or Supper*

Beef Hash (*L*)  
Tomato Salad  
Honeycomb Mould<sup>2</sup>  
Stewed Cherries  
Toast      Spring Onions<sup>1</sup>  
Brie Cheese

#### *Dinner*

Cream of Asparagus  
Fried Whitebait  
Stewed Breast of Veal<sup>1</sup>  
New Potatoes      Green Peas  
Pineapple Fritters (*L*)

NOTE: Add Dessert to Monday's Dinner and Gruyère Soufflé to Tuesday's, if liked. <sup>1</sup>*Stewed Breast of Veal*.—Scrape and slice 2 small carrots. Peel 2 small onions and 1 small turnip. Slice turnip. Place in a stewpan. Add 2 lb. veal, cut in suitable pieces. Add 12 peppercorns and 2½ gills water or stock. Cover. Bring to boil. Skim. Season. Cover and stew slowly for 2½ hours. <sup>2</sup> p. 12; <sup>3</sup> p. 102.





**LIGHT AND DARK MIXTURE IN MARBLE CAKE.**

## JULY: FOURTH WEEK

### *WEDNESDAY*

#### *Breakfast*

Plums  
 Fried Bacon    Eggs    Tomatoes  
 Toast              Oatcakes  
 Grapefruit    Marmalade  
 Tea or Coffee

#### *Lunch or Supper*

Melton Mowbray Pie  
 Mixed Vegetable Salad  
 Loganberry Fool  
 Oatcakes    Watercress  
 Potted Cheese<sup>2</sup>

#### *High Tea*

Fish and Chips  
 Watercress Sandwiches  
 Walnut Bread    Dough Cake (L)  
 Eccles Cakes    Macaroons  
 Marble Cake  
 Cracknels  
 Sliced Peaches

#### *Dinner*

Canteloup  
 Ginger Marmalade  
 Grilled Mutton Cutlets  
 New Potatoes    Broad Beans  
 Chocolate Charlotte  
 Scotch Angels-on-Horseback<sup>3</sup>

### *THURSDAY*

#### *Breakfast*

Orange Juice  
 Fried Herrings  
 Brown Rolls    Toast  
 Ginger Marmalade  
 Tea or Coffee

#### *Lunch or Supper*

York Ham  
 Potato and Cucumber Salad  
 Stewed Apples  
 Almond Custard Sauce  
 Toasts    Radishes  
 Gervais Cheese

#### *High Tea*

Kidney and Mushroom Toasts  
 Walnut Bread (L) Currant Buns  
 Date Kisses    Shortbread  
 Oxford Plum Cake  
 Custard Cream Biscuits  
 Fruit Salad

#### *Dinner*

Scotch Broth  
 Fried Rainbow Trout<sup>1</sup>  
 Braised Sweetbreads  
 New Potatoes    French Beans  
 Greengage Tart

NOTE: Add Ham Mousse as a second course to Wednesday's Dinner and Gruyère Titbits<sup>4</sup> to Thursday's. <sup>1</sup>*Fried Rainbow Trout*.—Clean and sprinkle 4 trout with salt. Stand for 1 hour. Place on a large dish. Pour over 1 glass white wine. Drain. Dip in flour seasoned with salt, pepper and paprika. Egg and crumb; Fry in smoking-hot lard. Serve garnished fried parsley and lemon slices. <sup>2</sup> p. 74-  
<sup>3</sup> p. 24; <sup>4</sup> p. 8.

# JULY: FOURTH WEEK

## FRIDAY

### Breakfast

Loganberries  
Mushroom Omelet  
Toast Rolls  
Lemon Marmalade  
Tea or Coffee

### Tea

Ham and Cress Rolls  
Tunny Fish Sandwiches  
Raisin Bread Coffee Buns  
Oxford Plum Cake (L)  
Apricot Tartlets Coffee Eclairs  
Cherries

### Lunch or Supper

Hamburg Steaks  
Sauté Potatoes Grilled Tomatoes  
Semolina Mould  
Stewed Pears  
Biscuits Watercress  
Camembert Cheese

### Tomato Soup

Hot Cheese Straws

Stewed Veal and Risotto<sup>1</sup>  
Creamed Spinach New Potatoes  
Vanilla Ice Cream<sup>2</sup>

### Dessert

## SATURDAY

### Breakfast

Stewed Figs  
Grilled Liver Bacon Rolls  
"Wheaten Rolls Toast  
Gooseberry Jelly  
Tea or Coffee

### High Tea

Grilled Herring Mustard Sauce  
Watercress Sandwiches  
Toast Soda Scones  
Fruit Drops Coburg Cakes  
Mocha Layer Cake  
Rice Biscuits  
Green Grapes

### Lunch or Supper

Veal and Ham Pie  
Cauliflower Mimosa<sup>2</sup>  
Lemon Blancmange Fruit Salad  
Toast Spring Onions  
Gorgonzola Cheese

### Dinner

Hors d'Œuvres  
Halibut Mornay<sup>4</sup>  
Boiled Silverside Dumplings  
Mixed Boiled Vegetables  
Summer Pudding<sup>5</sup>

NOTE: <sup>1</sup>*Stewed Veal and Risotto*.—Fry 1 sliced onion and 1 lb. veal cut in equal pieces in  $\frac{1}{2}$  oz. butter. Add a sliced carrot,  $\frac{1}{2}$  pint stock, and season. Cover. Simmer till tender. Arrange in centre of Risotto. <sup>2</sup>*Cauliflower Mimosa*.—Place a cold young boiled cauliflower in a salad bowl. Cover with thick mayonnaise. Sieve 2 hard-boiled egg yolks over. <sup>3</sup> p. 72; <sup>4</sup> p. 56; <sup>5</sup> p. 68.

*August*





## AUGUST: FIRST WEEK

### SUNDAY

#### Breakfast

Gooseberries  
 Finnan Haddock Poached Eggs  
 Oatcakes Toast  
 Lime Marmalade  
 Tea or Coffee

#### High Tea

Liver Pâté Watercress  
 Toast Rye Bread  
 Marble Gems Rock Cakes  
 Swiss Buns Walnut Kisses  
 Lawn Tennis Cake<sup>3</sup>  
 Brandy Snaps  
 Raspberries and Cream

#### Lunch or Supper

Silverside  
 Russian Salad  
 Creamed Tapioca  
 Stewed Figs (L)  
 Oatcakes Radishes  
 Cheddar Cheese

#### Dinner

Onion Soup<sup>2</sup>  
 Lobster Mould Shrimp Sauce  
 Roast Lamb Mint Sauce  
 French Beans Roast Potatoes  
 Almond Trifle

### MONDAY

#### Breakfast

Grapefruit  
 Bacon and Corn Fritters<sup>4</sup>  
 Toast Wheaten Rolls  
 Lemon Marmalade  
 Tea or Coffee

#### High Tea

Tomato Sandwiches  
 Brown Bread Potted Cheese<sup>6</sup>  
 Bran Muffins Ginger Wafers<sup>1</sup>  
 Ayrshire Shortbread  
 Lawn Tennis Cake (L)<sup>3</sup>  
 Peaches and Cream

#### Lunch or Supper

Silverside Hash (L)  
 Stewed Cabbage<sup>5</sup>  
 Pineapple and Cream  
 Biscuits Spring Onions  
 Port de Salut Cheese

#### Dinner

Cream of Green Peas  
 Cold Lamb Lettuce Salad  
 Scalloped Potatoes  
 Buttered Carrots  
 Apricot Soufflé Pancakes<sup>7</sup>  
 Angels-on-Horseback

NOTE: <sup>1</sup>Ginger Wafers.—Measure  $1\frac{1}{2}$  cups treacle into a saucepan. Add 1 cup sugar, 1 cup butter,  $\frac{1}{2}$  tablespoon ground ginger, 1 teaspoon ground cinnamon and 4 cups flour. Bring to a fast boil. Remove from stove, add  $1\frac{1}{2}$  teaspoons baking soda. Mix well. Cool. Stir in enough flour to make a soft dough. Roll out thinly. Cut into rounds. Bake in a hot oven, 400 degrees Fahr. <sup>2</sup>p. 121; <sup>3</sup>p. 78; <sup>4</sup>p. 28; <sup>5</sup>p. 74; <sup>6</sup>p.

## AUGUST: FIRST WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apricots	Curried Lamb (L)	Boiled Rice
Grilled Kippers	Date Chutney	Lettuce Salad
Oatcakes	Lemon Sponge	
Toast	Stewed Loganberries	
Honey	Toast	Radishes
Tea or Coffee	Cream Cheese	
<i>High Tea</i>	<i>Dinner</i>	
Grilled Kidneys and Bacon	Grapefruit	
Toast	Fried Plaice	Tomato Sauce
Oven Scones	Swiss Buns	Grilled Chicken
Chocolate Gateau	New Potatoes	Creamed Spinach
Cream Slices	Fresh Pears	Cream Caramel

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apples	Sliced Ox Tongue	
Egg and Bacon Scramble	Green Pea and Potato Salad	
Toast	Junket and Stewed Apricots (L)	
Red Currant Jelly	Oatcakes	Spring Onions
Tea or Coffee	Gorgonzola Cheese	
<i>High Tea</i>	<i>Dinner</i>	
Bacon and Liver Toasts	Hotch Potch	
Watercress Sandwiches	Steak and Kidney Pie	
Malt Fruit Bread	Mashed Potatoes	Broad Beans
Bath Buns	Plum Tart	
Doughnuts	Custard in Glasses	
Orange Layer Cake	Mushrooms on Toast	
Abernethy Biscuits <sup>1</sup>		
Raspberries and Cream		

NOTE: Add Cheese Aigrettes to Tuesday's Dinner and Dessert to Wednesday's, if liked. <sup>1</sup>*Abernethy Biscuits*.—Sift  $\frac{1}{2}$  lb. flour and  $\frac{1}{2}$  teaspoon baking powder into a basin. Rub in 3 oz. butter. Add 3 oz. castor sugar. Moisten with beaten egg diluted with milk or with egg only. Roll out thinly on a floured board. Cut into rounds. Prick with a fork. Bake for about 10 minutes in a moderate oven.

## AUGUST: FIRST WEEK

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Prunes		Toad-in-the-Hole
Kedgeree		Farina Mould
Rolls	Toast	Strawberry Syrup
Orange Marmalade		Biscuits Watercress
Tea or Coffee		Leicester Cheese
<i>High Tea</i>		
Brain Snacks <sup>1</sup>		<i>Dinner</i>
Tomato Sandwiches		Grapefruit
Currant Scones	Brown Bread	Roast Stuffed Veal
Doughnuts	Iced Cakes	Sour Cream Gravy
Walnut Gingerbread		Roast Potatoes Buttered Leeks
Oatmeal Biscuits		Lemon Meringue Pie
Pineapple		Stuffed Tomatoes

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grilled Sausages	Fried Bananas	Cold Veal Buttered Beetroot
Oatcakes	Toast	Baked Stuffed Potatoes <sup>2</sup>
Lemon Cheese		Devonshire Junket
Tea or Coffee		Stewed Prunes (L)
<i>High Tea</i>		
Fried Fish and Chips		Toast Tomatoes
Toast	Drop Scones	Gruyère Cheese
Eccles Cakes	Cherry Buns	<i>Dinner</i>
Walnut Gingerbread (L)		Fruit Cocktail
Date Biscuits		Turbot Florentine <sup>3</sup>
Pears and Plums		Grilled Steak and Fried Onions
		Maitre d'Hôtel Butter
		Potato Chips
		Pineapple Charlotte

NOTE: Add Fish Soufflé to Thursday's Dinner and Anchovy Canapés to Friday's, if liked. <sup>1</sup>Brain Snacks.—Cook and mash 1 set brains. Mix with minced parsley, salt, ground ginger and pepper to taste. Shape into "corks" with floured hands. Egg and crumb. Fry in deep smoking-hot fat till golden. If preferred, drop pieces into a batter made of 1 egg,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup milk and 1 teaspoon baking powder before frying. <sup>2</sup>p. 19; <sup>3</sup>p. 161.

## AUGUST: SECOND WEEK

### SATURDAY

#### Breakfast

Pineapple Slices  
 Fried Eggs and Bacon  
 Brown Rolls      Toast  
 Damson Jelly  
 Tea or Coffee

#### High Tea

Fried Sausage Cakes  
 Grilled Tomatoes  
 Toast      Soda Scones  
 Chelsea Buns      Spice Drops  
 Victoria Sandwich  
 Flapjacks<sup>4</sup>  
 Dessert

#### Lunch or Supper

Casserole of Liver  
 Mashed Potatoes  
 Lemon Blancmange  
 Stewed Apricots  
 Oatcakes      Spring Onions  
 Gorgonzola Cheese

#### Dinner

Clear Soup  
 Bream à la Portugaise<sup>3</sup>  
 Roast Duck  
 Green Peas      New Potatoes  
 Orange and Mint Salad<sup>3</sup>  
 Butterscotch Pie

### SUNDAY

#### Breakfast

Orange Juice  
 Creamed Finnan Haddock  
 Toast      Oatcakes  
 Heather Honey  
 Tea or Coffee

#### High Tea

Veal Galantine  
 Lettuce and Tomatoes  
 Brown Bread      Toast  
 Tea Cakes      Seed Cake  
 German Pound Cake  
 Chocolate Wafers<sup>1</sup>  
 Oranges

#### Lunch or Supper

Vegetable Broth  
 Stuffed Vegetable Marrow  
 Lemon Cheese Tartlets  
 Biscuits      Radishes  
 Roquefort Cheese

#### Dinner

Oyster Stew<sup>5</sup>  
 Roast Beef  
 Roast Potatoes      Buttered Beans  
 Yorkshire Pudding  
 Tipsy Squire<sup>6</sup>  
 Cauliflower Cheese<sup>7</sup>

NOTE: Add Stuffed Tomatoes to Saturday's Dinner and Dessert to Sunday's, if liked. <sup>1</sup>Chocolate Wafers.—Beat 2 oz. castor sugar and 3½ oz. butter to a cream. Stir in 5 oz. flour, 1 oz. ground almonds, if liked, and 2 oz. grated chocolate. Mix well. Roll out thinly on a lightly-floured board. Cut into fancy shapes. Bake in a moderate oven. Dust with castor sugar. <sup>2</sup> p. 163; <sup>3</sup> p. 88; <sup>4</sup> p. 129; <sup>5</sup> p. 64; <sup>6</sup> p. 39; <sup>7</sup> p. 53.

## AUGUST: SECOND WEEK

### MONDAY

#### *Breakfast*

Stewed Figs  
 Mushrooms and Bacon  
 Wheaten Rolls      Toast  
 Lime Marmalade  
 Tea or Coffee

#### *High Tea*

Kipper Toasts<sup>1</sup>  
 Milk Bread      Sally Lunn  
 Custard Cream Biscuits  
 Queen Gems      Meringues  
 German Pound Cake (L)  
 Green Grapes

#### *Lunch or Supper*

Galantine  
 Tomato and Onion Salad  
 Stewed Plums  
 Custard Sauce  
 Toast      Watercress  
 Dutch Cheese

#### *Dinner*

Mandarin Cocktail  
 Scallops of Salmon  
 Cold Roast Beef and Pickles  
 Creamed Potatoes Glazed Carrots  
 Baked Chocolate Pudding<sup>2</sup>

### TUESDAY

#### *Breakfast*

Grapefruit  
 Boiled Eggs      Cold Ham  
 Toast      Oatcakes  
 Ginger Marmalade  
 Tea or Coffee

#### *High Tea*

Pickled Herring  
 Toast      Cress Sandwiches  
 Date Bread      Currant Buns  
 Barnbrack  
 Coffee Macaroons  
 Plums

#### *Lunch or Supper*

Eggs au Gratin  
 Lettuce and Tomato Salad  
 Apple Mousse<sup>3</sup>  
 Biscuits      Spring Onions  
 Gervais Cheese

#### *Dinner*

Kidney Soup  
 Braised Mutton Chops  
 Riced Potatoes  
 Vanilla Ice Cream<sup>4</sup>  
 Chocolate Sauce<sup>5</sup>  
 Finnan Croutés<sup>6</sup>

NOTE: <sup>1</sup>*Kipper Toasts*.—Fry 2 kippers in butter. Remove flesh. Flake on to 4 rounds hot buttered toast. Arrange 3 large tomatoes, scalded, peeled, sliced, on top. Season. Dab with butter. Grill 2 minutes. <sup>2</sup>*Apple Mousse*.—Sieve 1 lb. peeled apples stewed with 5 oz. sugar and juice 1 lemon. Add  $\frac{1}{2}$  oz. dissolved gelatine, and stiffly-frothed white of 1 egg. Pile in sundae glasses. Garnish with whipped cream. <sup>3</sup> p. 2; <sup>4</sup> p. 72; <sup>5</sup> p. 61; <sup>6</sup> p. 9.

## AUGUST: SECOND WEEK

### WEDNESDAY

#### *Breakfast*

Stewed Apples  
 Fried Salmon Cakes  
 Toast Pastry Crescents  
 Tangerine Marmalade  
 Tea or Coffee

#### *High Tea*

Tongue and Cress Rolls  
 Sardine Sandwiches  
 Oatmeal Scones Tea Cakes  
 Doughnuts Cream Slices  
 Marshmallow Layer Cake  
 Fresh Peaches

#### *Lunch or Supper*

Devilled Kidneys<sup>3</sup>  
 Tomato Toasts  
 Cocoa Blancmange  
 Banana Custard<sup>4</sup>  
 Oatcakes Radishes  
 Roquefort Cheese

#### *Dinner*

Cream of Corn  
 Grilled Sole Sauce Tartare  
 Roast Guinea Fowl  
 Roast Potatoes Bread Sauce  
 Lettuce Salad  
 Blackberry Flan

### THURSDAY

#### *Breakfast*

Green Grapes  
 Poached Eggs Bacon Toasts  
 Brown Rolls Toast  
 Lemon Marmalade  
 Tea or Coffee

#### *High Tea*

Hot Mutton Pies  
 White Bread Drop Scones  
 Bran Muffins Jap Cakes<sup>4</sup>  
 Barmbrack  
 Chocolate Biscuits  
 Fruit Salad

#### *Lunch or Supper*

Melton Mowbray Pie  
 Mixed Vegetable Salad  
 Banana Jelly  
 Biscuits Tomatoes  
 Leicester Cheese

#### *Dinner*

Hors d'Œuvres<sup>1</sup>  
 Boiled Fowl Parsley Sauce  
 Riced Potatoes Green Peas  
 Plum Tart  
 Cauliflower Cheese<sup>5</sup>

NOTE: Add Welsh Rarebit to Wednesday's Dinner and Dessert to Thursday's, if liked. Serve Banana Jelly with whipped cream, and Plum Tart with cream or custard sauce. If preferred, substitute Hollandaise or Caper Sauce for Parsley Sauce with Boiled Fowl, and boiled or mashed potatoes for riced. <sup>1</sup>Hors d'Œuvres. — Serve Sardines, Smoked Herring Fillets, Beetroot Salad, Shredded Green Pepper, Russian Salad and Liver Sausage. <sup>2</sup>p. 27; <sup>3</sup>p. 18; <sup>4</sup>p. 130; <sup>5</sup>p. 53.

## AUGUST: SECOND WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apricots	Chicken Salad (L)
Kedgeree	Black Currant Summer Pudding <sup>1</sup>
Toast	Toast Spring Onions
Oatcakes	Pommel Cheese
Gooseberry Jelly	
Tea or Coffee	

### High Tea

<i>Welsh Rarebit</i>	<i>Dinner</i>
Watercress	Chicken Broth (L)
White Bread	Prawns au Gratin
Date Loaf	Grilled Fillet Steak
Sultana Scones	Potato Straws Fried Aubergine <sup>1</sup>
Chocolate Eclairs	Raspberries
Cherry Cake	Whipped Cream
Ginger Wafers <sup>3</sup>	
Dessert	

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	Russian Fish Pie <sup>4</sup>
Kidneys and Bacon	Cucumber Salad
Brown Rolls	Creamed Rice Stewed Figs
Oatcakes	Biscuits Radishes
Oxford Marmalade	Gorgonzola Cheese
Tea or Coffee	

### High Tea

<i>Mushrooms on Toast</i>	<i>Dinner</i>
Date Loaf (L)	Grapefruit
Soda Bread	Steamed Halibut Egg Sauce
Drop Scones	Casserole of Liver
Swiss Buns	Mashed Potatoes Boiled Leeks
Cherry Cake (L)	Chocolate Mousse <sup>5</sup>
Meringues	
Black Grapes	

NOTE: Add Stuffed Tomatoes to Friday's Dinner and Dessert to Saturday's, if liked. If preferred, substitute Stewed Cucumber for Fried Aubergine. Use either calf's or sheep's liver for Casserole. <sup>1</sup>*Fried Aubergine*.—Peel and cut aubergine into fairly thin slices crosswise. Dip in seasoned flour. Fry in a little smoking-hot butter on both sides. Serve at once. <sup>3</sup>p. 68; <sup>4</sup>p. 99; <sup>4</sup>p. 79; <sup>5</sup>p. 70.

## AUGUST: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Ham and Tongue
Bacon, Tomatoes, Fried Bread	Mixed Vegetable Salad
Toast Pastry Crescents	Junket Stewed Apricots
Lime Marmalade	Toast Tomatoes
Tea or Coffee	Leicester Cheese
<i>High Tea</i>	<i>Dinner</i>
Fried Fish and Chips	Hors d'Œuvres
Cucumber Salad	Roast Stuffed Veal
Soda Bread (L) Treacle Scones <sup>3</sup>	Roast Potatoes French Beans
Flapjacks <sup>3</sup> Queen Cakes	Butterscotch Pie
Orange Gingerbread	Gruyère Titbits <sup>4</sup>
Cocoanut Macaroons	
Fresh Pears	

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple Slices	Brawn
Scrambled Eggs	Russian Salad
Toast Oatcakes	Creamed Tapioca
Lemon Cheese	Strawberry Syrup
Tea or Coffee	Oatcakes Spring Onions
<i>High Tea</i>	<i>Dinner</i>
Pressed Beef	Cream Cheese
Tomato Salad	Scotch Broth
Walnut Bread Currant Buns	Lobster au Gratin
Eccles Cakes Cream Doughnuts	Cold Veal Mixed Pickles
Strawberry Swiss Roll	Scalloped Potatoes
Ginger Nuts	Creamed Peas
Oranges	Apricot Soufflé Pancakes <sup>1</sup>

NOTE: Add Dessert to Sunday's menu and Cauliflower Cheese<sup>5</sup> to Monday's, if liked. <sup>1</sup>Apricot Soufflé Pancakes.—Drop  $\frac{1}{2}$  lb. butter, bit by bit, into  $\frac{1}{2}$  pint boiled milk. Cool. Beat 3 tablespoons flour to a cream with 2 egg yolks. Stir into milk. Fold in 2 stiffly-frothed egg whites. Pour batter into buttered saucers. Bake in hot oven about 20 minutes. Fill with apricot jam. Dredge with castor sugar.

<sup>1</sup> p. 129; <sup>3</sup> p. 153; <sup>4</sup> p. 8; <sup>5</sup> p. 53.

## AUGUST: THIRD WEEK

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grilled Sausages	Fried Apples	Veal Shepherd's Pie (L)
Brown Rolls	Toast	Buttered Boiled Marrow
Honey		Pineapple Jelly (L)
Tea or Coffee		Biscuits Radishes
		Dutch Cheese
		<i>Dinner</i>
		Cream of Asparagus
		Fried Skate Black Butter <sup>1</sup>
		Braised Sweetbreads
		Mashed Potatoes
		Creamed Spinach
		Chocolate Creams <sup>2</sup>

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
		Salmon Loaf <sup>1</sup>
<i>Fast</i>	<i>Salads</i>	
Ginger Marmalade		Apricot Flan
Tea or Coffee		Toast Watercress
		Caraway Cheese <sup>4</sup>
		<i>Dinner</i>
		Fruit Cocktail
		Steak and Kidney Pie
		Boiled Potatoes Stewed Cabbage <sup>5</sup>
		Trifle
		Mushroom Toasts

NOTE: Add Finnan Croûtes<sup>6</sup> to Tuesday's Dinner and Boiled Salmon and Sauce Tartare to Wednesday's. <sup>1</sup>Salmon Loaf. -Beat 2 eggs. Stir in  $\frac{1}{2}$  cup milk, 2 cups flaked canned salmon, 2 teaspoons minced parsley, 2 teaspoons lemon juice, 2 cups breadcrumbs, and salt and pepper to taste. Pack into a buttered loaf tin. Cover with buttered paper and steam for half an hour or till set. Serve with caper sauce and riced potatoes, if liked. <sup>2</sup>p. 65; <sup>3</sup>p. 93; <sup>4</sup>p. 21; <sup>5</sup>p. 28; <sup>6</sup>p. 9.

## AUGUST: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Stewed Kidneys
Finnan Kedgeree	Boiled Rice      Green Peas
Brown Rolls      Toast	Honeycomb Mould <sup>2</sup>
Red Currant Jelly	Steamed Plums
Tea or Coffee	Biscuits      Tomatoes
	Gorgonzola Cheese

### *High Tea*

<i>Breakfast</i>	<i>Dinner</i>
Melton Mowbray Pie	Minestrone
Lettuce and Tomatoes	Sole au Gratin
Malt Bread      Girdle Scones	Casserole of Grouse
Chelsea Rock Cakes	Mashed Potatoes
Chocolate Layer Cake	Buttered Beans
Petits Fours	Blackcurrant Fool
Bilberries and Cream	

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Devilled Lobster <sup>1</sup>
Grilled Gammon      Corn Fritters <sup>3</sup>	Watercress
Toast      Oatcakes	Junket      Pineapple Slices
Orange Marmalade	Oatcakes      Radishes
Tea or Coffee	Gruyère Cheese
<i>High Tea</i>	<i>Dinner</i>
Welsh Rarebit	Mock Turtle Soup
Spring Onions	Braised Halibut
Malt Bread (L)      Currant Buns	Beef Olives
Dough Cakes      Cheese Cakes	Mashed Potatoes      Cauliflower
Madeira Cake	Vanilla Ice Cream <sup>4</sup>
Coffee Eclairs	Chocolate Sauce <sup>5</sup>
Fruit Salad	

NOTE: <sup>1</sup>*Devilled Lobster*.—Beat  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon dry mustard,  $\frac{1}{2}$  tablespoon lemon juice,  $\frac{1}{2}$  tablespoon Worcester sauce and  $\frac{1}{2}$  teaspoon salt together. When well mixed, turn into the top of a double boiler. Stir till blended. Add 2 cups diced, canned or boiled lobster. Cook for 6 minutes. Serve on canapés of hot buttered toast. Garnish with lemon and parsley. <sup>2</sup> p. 12; <sup>3</sup> p. 78; <sup>4</sup> p. 72; <sup>5</sup> p. 61.

## AUGUST: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Orange Juice			Baked Stuffed Herrings
Fried Kippers			Lettuce and Cucumber Salad
Rolls	Toast		Ground Rice Mould
Heather Honey			Loganberry Syrup
Tea or Coffee			Oatcakes Tomatoes
			Leicester Cheese
<i>High Tea</i>			
Fried Liver and Bacon			<i>Dinner</i>
Fried Mushrooms			Grapefruit
Walnut Bread	Sultana Scones		Baked Smelts <sup>1</sup>
Oatmeal Biscuits	Jap Cakes <sup>2</sup>		Grilled Lamb Cutlets
Madeira Cake (L)			Fried Potatoes Glazed Carrots
Sliced Peaches			Cream Caramel

### SUNDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Gooseberries			Grilled Meat Cakes
Steamed Eggs	Bacon Toasts	Potato	Crisps Grilled Tomatoes
Toast	Oatcakes		Orange Milk Jelly
Orange Marmalade			Banana Custard <sup>3</sup>
Tea or Coffee			Biscuits Radishes
			Camembert Cheese
<i>High Tea</i>			
Prawns and Watercress			<i>Dinner</i>
Brown Bread	Walnut Bread (L)		Tomato Soup
Drop Scones	London Buns	Roast Beef	Yorkshire Pudding
	Victoria Sandwich	Roast Potatoes	Mashed Turnips
Cream Horns		Plum Summer Pudding <sup>4</sup>	
Plums		Roes on Toast	

NOTE: Add Cheddar Canapés<sup>5</sup> to Saturday's Dinner and Dessert to Sunday's. Serve Summer Pudding with custard sauce or whipped cream. <sup>1</sup>*Baked Smelts*.—Mix 2 oz. flour with salt and pepper to taste. Clean and toss smelts in flour. Arrange in a shallow buttered fireproof dish. Melt 1 oz. butter and pour over. Bake in a moderate oven for 15 minutes. Serve with Tomato Sauce. <sup>2</sup> p. 130; <sup>3</sup> p. 18; <sup>4</sup> p. 68; <sup>5</sup> p. 19.

## AUGUST: FOURTH WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches	Devilled Spaghetti
Fried Salmon Cakes	Tomato and Onion Salad
Brown Rolls      Toast	Apple Betty Custard Sauce
Damson Cheese	Toast      Spring Onions
Tea or Coffee	Convalli Cheese
<i>High Tea</i>	<i>Dinner</i>
Scotch Eggs	Lentil Purée
Watercress Sandwiches	Boiled Salmon and Cucumber
Cocoa Bread    Chelsea Buns	Hollandaise Sauce
Almond Rings <sup>1</sup> Gingerbread	Cold Roast Beef    Pickled Beetroot
Rice Biscuits	Scalloped Potatoes
Greengages and Cream	Cauliflower Cheese <sup>2</sup> Fresh Fruit Salad

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Curried Beef (L)    Boiled Rice
Grilled Kidneys and Tomatoes	Mango Chutney
Toast      Oatcakes	Baked Custard
Lemon Marmalade	Stewed Blackberries
Tea or Coffee	Biscuits    Watercress
<i>High Tea</i>	<i>Dinner</i>
Grilled Herring	Gruyère Cheese
Oatcakes    Lettuce Salad	Hors d'Œuvres
Currant Buns    Cocoa Bread (L)	Baked Stuffed Seabream
Rock Cakes    Date Kisses	Braised Chops
Gingerbread (L)	Mashed Potatoes
Walnut Biscuits	Braised Onions
Melon	Vanilla Bavarois <sup>3</sup>

NOTE: <sup>1</sup>Almond Rings.—Cream 1 oz. castor sugar and 2 oz. butter. Add 1 egg yolk and 2 oz. flour. Knead in 2 oz. flour sifted with  $\frac{1}{2}$  teaspoon baking powder. Roll out. Cut into rings. Mix 1 oz. castor sugar with 2 oz. ground almonds,  $\frac{1}{2}$  oz. ground rice, 2 drops almond essence and 1 egg white. Pipe a ring of mixture on each biscuit. Sprinkle with chopped almonds. Bake 25 minutes. When cold, fill centres with red currant jelly. <sup>2</sup>p. 53; <sup>3</sup>p. 62.



COLD FIRST COURSE: EGGS TOPPED WITH SLICED OLIVES



## AUGUST: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Scotch Collops	
Ham Omelet		Mashed Potatoes	
Toast	Rolls	Creamed Rice	
Red Currant Jelly		Stewed Apples and Raisins	
Tea or Coffee		Oatcakes	Radishes
			Leicester Cheese
<i>High Tea</i>		<i>Dinner</i>	
Sardines on Toast		Fruit Cocktail	
Tomatoes	Spring Onions	Trout à la Meunière	
White Bread	Drop Scones	Wiener Schnitzel	
Coffee Buns	Sultana Scones	Fried Potatoes	Green Peas
Lemon Layer Cake		Baked Chocolate Pudding <sup>3</sup>	
Chocolate Macaroons		Whipped Cream	
Sliced Peaches			

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Black Grapes		Fried Cod Steaks	
Boiled Eggs		Cucumber Salad	Anchovy Salad
Oatcakes	Toast	Vanilla Blancmange	
Passion Fruit Marmalade		Apricots and Cream	
Tea or Coffee		Biscuits	Tomatoes
			Cheddar Cheese
<i>High Tea</i>		<i>Dinner</i>	
Sliced Ox Tongue		Beetroot Soup	
Potato and Cucumber Salad		Fish Croquettes	
Raisin Bread	Treacle Scones <sup>4</sup>	Lancashire Hot Pot	
Chelsea Buns	Soda Cake	Buttered Spinach	
Shortbread Biscuits		Strawberry Mousse <sup>1</sup>	
Lemon Cheese Tartlets		Shrimp and Mushroom Canapés <sup>2</sup>	
Fresh Pears			

NOTE: <sup>1</sup>*Strawberry Mousse*.—Chill 1 cup canned milk. Add 1 egg white. Beat till stiff. Beat in  $\frac{1}{2}$  cup castor sugar, 1 cup drained canned strawberries and  $\frac{1}{2}$  cup orange juice. Mould. Chill and turn out. <sup>2</sup>*Shrimp and Mushroom Canapés*.—Fry  $\frac{1}{2}$  lb. peeled sliced mushrooms in butter. Season to taste. Add 1 gill shrimps. Heat. Pile on 4 canapés of fried bread. <sup>3</sup> p. 2; <sup>4</sup> p. 153.

## AUGUST: FOURTH WEEK

### FRIDAY

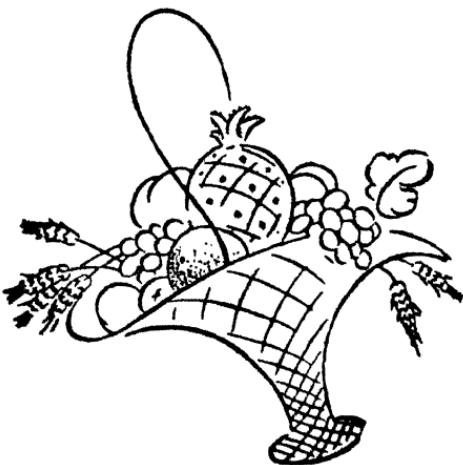
<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	Corned Beef Hash
Fried Bacon and Corn Fritters <sup>2</sup>	Lettuce and Tomato Salad
Toast Wheaten Rolls	Greengage Tart
Blackberry Jelly	Almond Custard Sauce
Tea or Coffee	Toast Spring Onions
<i>High Tea</i>	Gorgonzola Cheese
Scalloped Crab	<i>Dinner</i>
Cucumber Sandwiches	Melon Cocktail
Raisin Bread (L) Girdle Scones	Fried Whitebait
Cherry Buns Brandy Snaps	Roast Grouse
Raspberry Swiss Roll	Bread Sauce Fried Crumbs
Cream Slices	Potato Straws Buttered Peas
Pineapple	Chocolate Cream Pie

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Plums	Scalloped Asparagus <sup>1</sup>
Grilled Sausage Cakes and Tomatoes	Watercress
Oatcakes Toast	Pineapple Milk Jelly
Lemon Marmalade	Stewed Pears
Tea or Coffee	Oatcakes Radishes
<i>High Tea</i>	Dutch Cheese
Veal and Ham Pie	<i>Dinner</i>
Mustard and Cress Sandwiches	Mulligatawny Soup
Milk Bread Currant Scones	Boiled Chicken
Coburg Cakes Jap Cakes <sup>3</sup>	Parsley Sauce
Devil's Food Cake <sup>4</sup>	Mashed Potatoes French Beans
Rice Biscuits	Charlotte Russe
Oranges	Roes on Toast

NOTE: Add Dessert to Friday's Dinner and Fried Fillets of Sole and Shrimp Sauce to Saturday's. <sup>1</sup>Scalloped Asparagus.—Sprinkle the bottom of a shallow buttered fireproof dish with  $\frac{1}{2}$  gill breadcrumbs. Drain a can of asparagus tips. Cut tips into dice. Arrange in dish. Cover with  $\frac{1}{2}$  pint well-seasoned white sauce. Sprinkle with  $\frac{1}{2}$  gill breadcrumbs. Dab with 1 tablespoon butter. Bake in a moderate oven till brown. <sup>2</sup> p. 78; <sup>3</sup> p. 130; <sup>4</sup> p. 69.

*September*





# SEPTEMBER: FIRST WEEK

## SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Stewed Figs	Chicken Salad (L)	
Salmon Kedgeree	Devonshire Junket	
Toast	Apple and Blackberry Compôte	
Oatcakes	Biscuits	Celery
Ginger Marmalade		
Tea or Coffee	Wensleydale Cheese	
<i>High Tea</i>	<i>Dinner</i>	
Rabbit Pie	Cream of Mushrooms	
Tomato and Onion Salad	Roast Loin of Pork	
Malt Bread	Apple Sauce	
Bath Buns	Roast Potatoes	Braised Leeks
Genoa Cake	Fruit in Sponge Ring	
Eccles Cakes	Whipped Cream	
Walnut Butter Layer Cake		
Ginger Nuts		
Green Grapes		

## MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Pineapple	Cold Roast Pork	Apple Sauce
Scrambled Eggs	Potato and Celery Salad	
Wheaten Rolls	Blackcap Pudding	
Toast	Rolls	Radishes
Grapefruit Marmalade		
Tea or Coffee	Gruyère Cheese	
<i>High Tea</i>	<i>Dinner</i>	
Tunny Fish Canapés	Cream of Potato Soup	
Tomato Sandwiches	Stuffed Plaice <sup>1</sup>	Caper Sauce
Malt Bread (L)	Haricot Mutton	
Bran Muffins	Mashed Potatoes	
Oatmeal Biscuits	Cream Caramel	
Chocolate Gems	Compôte of Pineapple	
Genoa Cake (L)		
Coffee Eclairs		
Apricots and Cream		

NOTE: <sup>1</sup>*Baked Stuffed Plaice*.—Behead 4 small plaice. Remove dark skin. Lift flesh from bones. Stuff cavities with *Roe Stuffing*.—Place 4 soft herring roes in a casserole. Cover with milk. Cover. Cook slowly for half an hour. Melt  $\frac{1}{2}$  oz. butter. Add  $\frac{1}{2}$  oz. flour, seasonings and roe milk. Stir till thick. Cool. Add roes. Bake fish, sprinkled lemon juice and melted butter for 20 minutes.

## SEPTEMBER: FIRST WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Fried Chipolatas and Bananas	Russian Fish Pie <sup>3</sup>
Toast	Lettuce and Cucumber Salad
Lime Marmalade	Pineapple Fritters (L)
Tea or Coffee	Toast Spring Onions
<i>High Tea</i>	Gorgonzola Cheese
Pork Salad (L)	
Rye Bread	<i>Dinner</i>
Currant Scones	Hors d'Œuvres
Coconut Rock Cakes	Lobster Newburg <sup>4</sup>
Flapjacks <sup>5</sup>	Roast Stuffed Breast of Veal
Chocolate Cream Roll	Roast Potatoes Carrots and Peas
Ginger Wafers <sup>6</sup>	Orange Meringue Pie
Fresh Figs	

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches	Cold Veal Apple Chutney
Bacon and Eggs	Russian Salad
Brown Rolls	Breaded Tomatoes <sup>7</sup>
Toast	Apricot Rice <sup>2</sup>
Damson Jelly	Biscuits Radishes
Tea or Coffee	Convalli Cheese
<i>High Tea</i>	
Mayonnaise of Crab <sup>1</sup>	<i>Dinner</i>
Tomato Sandwiches	Cream of Celery
Rye Bread (L)	Fried Hake
Girdle Scones	Maître d'Hôtel Butter
Swiss Buns	Jugged Hare
Cherry Cake	Mashed Potatoes Buttered Beans
Maids of Honour	Blackberries and Cream
Chocolate Eclairs	
Fruit Salad	

NOTE: <sup>1</sup>Mayonnaise.—Mix 1½ lb. flaked crab with 3 tablespoons French dressing. Pile into a salad bowl lined with lettuce leaves. Spread with 1½ gills mayonnaise. <sup>2</sup>Apricot Rice.—Place 2 cups canned apricots in a buttered pie-dish. Cover with 2 cups cooked rice. Beat 2 eggs. Add 1 cup brown sugar. Scald 2 cups milk and stir in egg mixture. Pour over rice. Bake in a moderate oven. <sup>3</sup>p. 79; <sup>4</sup>p. 34; <sup>5</sup>p. 129; <sup>6</sup>p. 99; <sup>7</sup>p. 25.

# SEPTEMBER: FIRST WEEK

## THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Grapefruit		Brawn
Creamed Finnan Haddock	Lettuce and Cucumber Salad	Chesham Tart <sup>8</sup>
Toast	Toast	Celery
Honey		Caraway Cheese <sup>4</sup>
Tea or Coffee		
<i>High Tea</i>	<i>Dinner</i>	
Macaroni and Ham Pie <sup>1</sup>	Hare Soup (L)	
Spring Onions	Sole Florentine <sup>5</sup>	
Walnut Bread	Roast Lamb	Mint Sauce
Currant Scones	Creamed Spinach	
Coffee Buns	Roast Potatoes	
Tea Cakes	Strawberry Cream <sup>3</sup>	
Lemon Cheese Sandwich		
Rice Biscuits		
Stewed Plums		

## FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apples	Jellied Lamb	
Grilled Kidneys and Tomatoes	Cole Slaw <sup>6</sup>	
Potato Cakes	Tomato Sauce	
Toast	Plum Tart and Cream	
Tangerine Marmalade	Biscuits	Watercress
Tea or Coffee		Cheddar Cheese
<i>High Tea</i>	<i>Dinner</i>	
Welsh Rarebit	Fruit Cocktail	
Mustard and Cress Sandwiches	Grilled Herrings	Mustard Sauce
Clova Scones	Guinea Fowl, Voisin <sup>7</sup>	
Walnut Bread	Steamed Potatoes	French Beans
Bath Buns	Baked Chocolate Pudding <sup>9</sup>	
Madeleines		
Doughnuts		
Lawn Tennis Layer Cake <sup>8</sup>		
Melon		

NOTE: <sup>1</sup>*Pie*.—Place 6 oz. boiled macaroni in a buttered pie-dish, then 3 oz. minced boiled ham and 2 beaten eggs mixed with 1 cup seasoned milk and 1 oz. melted butter. Sprinkle with 3 oz. grated cheese. Bake half an hour. <sup>2</sup>*Cream*.—Dissolve  $\frac{1}{2}$  oz. gelatine in  $\frac{1}{2}$  cup cold water. Beat  $\frac{1}{2}$  pint cream and 1 cup milk till stiff. Stir in 1 cup sieved strawberry jam and dissolved gelatine. Mould when thick. <sup>3</sup> p. 40; <sup>4</sup> p. 21; <sup>5</sup> p. 61; <sup>6</sup> p. 44; <sup>7</sup> p. 84; <sup>8</sup> p. 2.

## SEPTEMBER: SECOND WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Greengages	Fried Plaice and Chips
Steamed Eggs	Banana Pudding <sup>1</sup>
Bacon Toasts	Almond Custard Sauce
Toast	Oatcakes Spring Onions
Rolls	Camembert Cheese
Gooseberry Jelly	
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Fish Pie	
Cocoa Bread	Vegetable Broth
Bakestones <sup>2</sup>	Trout à la Meunière
Jap Cakes <sup>4</sup>	Roast Duck Apple Sauce
Coburg Cakes	Roast Potatoes Orange Salad <sup>3</sup>
Lawn Tennis Layer Cake (L)	Victoria Plum Flan
Chocolate Biscuits	
Compôte of Peaches	

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Spanish Melon	Pork Pie
Grilled Kippers	Mixed Vegetable Salad
Oatcakes	Peach Betty
Toast	Biscuits Celery
Lemon Cheese	Gorgonzola Cheese
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Grilled Chipolatas	
Mustard and Cress Sandwiches	Cream of Corn
Cocoa Bread (L)	Roast Sirloin of Beef
Currant Buns	Roast Potatoes Runner Beans
Shortbread	Meringues
Cherry Cake	Petits Fours
Oranges	Tipsy Squire <sup>5</sup>
	Angels-on-Horseback

NOTE: Add Welsh Rarebit to Saturday's Dinner and Dessert to Sunday's, if liked. <sup>1</sup>*Banana Pudding*.—Mix 4 chopped bananas with 6 oz. castor sugar, 2 beaten eggs, 6 oz. breadcrumbs, 1 pint milk, grated rind 1 lemon and strained juice  $\frac{1}{2}$  lemon, and pinch of ground cinnamon, and grated nutmeg. Steam in a buttered basin covered with buttered paper for 2 hours. Serve masked with lemon custard sauce. <sup>2</sup> p. 45; <sup>3</sup> p. 88; <sup>4</sup> p. 130; <sup>5</sup> p. 39.

## SEPTEMBER: SECOND WEEK

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Prunes		Salmon Loaf <sup>1</sup>	
Ham Omelet		Parsley Sauce	Mashed Potatoes
Toast	Rolls	Apple Pancakes <sup>3</sup>	
Red Currant Jelly		Toast	Spring Onions
Tea or Coffee			Leicester Cheese

### High Tea

<i>High Tea</i>		<i>Dinner</i>	
Brawn		Canteloup Cocktail	
Tomatoes	Devilled Eggs	Duck Risotto (L)	
Fruit Bread	Chelsea Buns	Cold Roast Beef	
Flapjacks <sup>4</sup>	Eclairs	Date Chutney	Russian Salad
Cherry Cake (L)	Rice Biscuits	Scalloped Potatoes	
Pineapple		Chocolate Bavarois <sup>1</sup>	

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Orange Juice		Beef Croquettes (L)	
Fried Fish Cakes		Tomato and Onion Salad	
Rolls	Toast	Queen of Puddings	
Grapefruit	Marmalade	Biscuits	Radishes
Tea or Coffee		Camembert Cheese	

### High Tea

<i>High Tea</i>		<i>Dinner</i>	
Liver and Bacon		Cream of Potatoes	
Fruit Bread (L)	Oatcakes	Fried Smelts and Lemon	
Treacle Scones <sup>5</sup>	Sultana Scones	Roast Partridges	
Strawberry Swiss Roll		Bread Sauce	Fried Crumbs
Shortbread Biscuits		Potato Straws	Buttered Peas
Bananas and Mandarins		Greengage Tart	

NOTE: Add Sardines on Toast to Monday's Dinner and Tunny Fish Canapés to Tuesday's. <sup>1</sup>*Chocolate Bavarois*.—Stir 1 pint hot milk into 2 beaten egg yolks. Add  $\frac{1}{2}$  lb. grated chocolate. Bring to boil. Cool, stirring occasionally. Beat 2 egg yolks with 2 oz. castor sugar. Stir into chocolate mixture. Fold in 4 stiffly-frothed egg whites and  $\frac{1}{2}$  oz. gelatine dissolved in a little water. Mould. Serve turned out, garnished with whipped cream. <sup>1</sup> p. 107; <sup>3</sup> p. 55; <sup>4</sup> p. 129; <sup>5</sup> p. 153.

## SEPTEMBER: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>	
	Stewed Figs			Bobitee <sup>1</sup>
Bacon	Fried Bread	Tomatoes	Buttered Steamed Marrow	
Toast		Oatcakes	Black Currant Jelly	
Heather Honey			Whipped Cream	
Tea or Coffee			Oatcakes Celery	
			Roquefort Cheese	
<i>High Tea</i>			<i>Dinner</i>	
	Macedoine of Bream <sup>2</sup>		Fruit Cocktail	
Lettuce and Tomato Salad			Grilled Mutton Chops	
White Bread	Drop Scones		Sauté Potatoes Fried Aubergine <sup>3</sup>	
Bran Muffins	Rock Cakes		Cheese Soufflé	
Orange Gingerbread			Chocolate Ice Cream	
Cream Horns			Petits Fours	
Fruit Salad				

### THURSDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>	
	Pineapple Slices		Fish Pie <sup>4</sup>	
Curried Prawns	Boiled Rice		Cucumber Salad	
Wheaten Rolls	Toast		Honeycomb Mould <sup>5</sup>	
Passion Fruit Marmalade			Steamed Greengages	
Tea or Coffee			Biscuits Spring Onions	
			Convalli Cheese	
<i>High Tea</i>			<i>Dinner</i>	
	Sliced Ox Tongue		Hors d'Œuvres	
Lettuce and Tomatoes			Boiled Salmon and Cucumber	
Brown Bread	Soda Scones		Stewed Beef Olives	
Devil's Food Cake <sup>6</sup>			Mashed Potatoes Glazed Carrots	
Dough Cake	Coffee Macaroons		Pineapple Charlotte (L)	
Compôte of Apricots				

NOTE: <sup>1</sup>*Bobitee*.—Melt 1 tablespoon butter in a saucepan. Add 1 tablespoon chopped onion. Fry till clear. Add 1 lb. minced steak. Brown for 5 minutes. Stir in 1 cup breadcrumbs and 2 teaspoons curry powder. Beat 2 eggs. Stir in  $\frac{1}{2}$  pint milk, 1 lump sugar, salt and pepper to taste. Mix with other ingredients. Pour into a buttered pie-dish. Bake till brown. Serve with chutney and boiled rice. <sup>2</sup> p. 88; <sup>3</sup> p. 105; <sup>4</sup> p. 79; <sup>5</sup> p. 12; <sup>6</sup> p. 69.

## SEPTEMBER: SECOND WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Green Grapes		Fried Rabbit
Egg and Pimento Scramble <sup>2</sup>	Fried Potatoes	French Beans
Toast	Oatcakes	Baked Apples
Damson Cheese		Vanilla Custard Sauce
Tea or Coffee		Toast Watercress
		Sour Milk Cheese
<i>High Tea</i>		
Salmon Mayonnaise (L)		
Cucumber Salad		<i>Dinner</i>
Corn Bread	Kelso Scones	Clear Soup Espagnol
Orange Gems	Ginger Drops	Baked Stuffed Cod Steaks
Pistachio Macaroons		Boiled Silverside
Coffee Layer Cake		Boiled Potatoes Mixed Vegetables
Dessert		Cherry Flan

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Fresh Pears	Cold Silverside	Date Chutney
Fried Roes and Bacon	French Bean Salad <sup>1</sup> (L)	
Brown Rolls	Butterscotch Pudding <sup>3</sup>	
Lemon Marmalade	Biscuits	Celery
Tea or Coffee		Dutch Cheese
		<i>Dinner</i>
<i>High Tea</i>		
Spanish Omelet	Rabbit Broth (L)	
Watercress	Fried Rainbow Trout	
Brown Bread	Maître d'Hôtel Butter	
Date Muffins	Casserole of Liver	
Nut Chocolate Cake	Steamed Potatoes	Green Peas
Greengages		Wine Jelly

NOTE: Add Dessert to Friday's Dinner and Mushrooms on Toast to Saturday's. Serve Wine Jelly with whipped cream. <sup>1</sup>French Bean Salad.—Mix 1 lb. cooked French beans with 2 tablespoons bacon fat mixed to a cream with 2 tablespoons vinegar, salt and pepper to taste, 2 tablespoons chopped spring onion, and 1 gill liquor from boiled beans. Add paprika and a dash of castor sugar to taste.

<sup>2</sup> p. 53; <sup>3</sup> p. 20.

## SEPTEMBER: THIRD WEEK

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Hamburg Steaks	
Fried Herrings		Mashed Potatoes	Fried Onions
Toast	Oatcakes	Baked Pears	
Ginger Marmalade		Whipped Cream	
Tea or Coffee		Oatcakes	Radishes
<i>High Tea</i>		Gorgonzola Cheese	
Macaroni with Shrimps		<i>Dinner</i>	
Orange Bread	Drop Scones	Melon	Ginger Marmalade
Palace Biscuits	Seed Cake		Scalloped Crab
Balmoral Cheese Cakes			Roast Loin of Pork
Meringues			Roast Potatoes
Compôte of Apricots			Stewed Cabbage <sup>2</sup>
			Gooseberry Tart

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Apples		Ham and Tongue	
Steamed Eggs	Bacon Toasts	Baked Stuffed Potatoes <sup>3</sup>	
Waffles and Maple Syrup		Stewed Blackberries and Apples	
Tea or Coffee		Custard Sauce	
<i>Tea</i>		Biscuits	Spring Onions
Welsh Rarebit		Cheddar Cheese	
Tomato Sandwiches		<i>Dinner</i>	
Nut and Raisin Bread		Mock Turtle Soup	
Clova Scones		Cold Pork	Apple Chutney
Chelsea Buns	Brandy Snaps	Scalloped Potatoes	
Pineapple Layer Cake		Mashed Turnip	
Rice Biscuits		Apple Mousse <sup>4</sup>	
Banana & Strawberry Compôte <sup>5</sup>		Stuffed Tomatoes <sup>6</sup>	

NOTE: Add Cheese Straws to Sunday's Dinner and Salmon Croquettes and Tomato Sauce to Monday's, if liked. Make Gooseberry Tart with bottled or canned gooseberries and serve Ham and Tongue garnished, sliced, peeled tomatoes and devilled eggs. <sup>1</sup>Stuffed Tomatoes.—Use the tomato pulp mixed with a few crumbs, minced onion and parsley, seasoning to taste and an egg yolk. Dab with butter. Bake till crisp on top. <sup>2</sup> p. 28; <sup>3</sup> p. 19; <sup>4</sup> p. 103; <sup>5</sup> p. 25.

## SEPTEMBER: THIRD WEEK

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Pineapple		Stuffed Vegetable Marrow
Finnan Kedgeree		Fig Pudding
Toast	Oatcakes	Almond Custard Sauce
	Honey	Toast Watercress
	Tea or Coffee	Stilton Cheese
<i>High Tea</i>		<i>Dinner</i>
Scallops of Hake		Onion Soup <sup>1</sup>
Cucumber Sandwiches		Baked Red Mullet
Sally Lunn	Bath Buns	Roast Wild Duck
Queen Gems	Flapjacks <sup>2</sup>	Potato Straws Orange Salad <sup>4</sup>
Dundee Cake <sup>3</sup>		Greengage Fool
Fruit Salad		Mushrooms on Toast

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grilled Gammon	Fried Bananas	Fried Plaice and Chips
Brown Rolls	Toast	Lettuce and Tomato Salad
Gooseberry Jelly		Ground Rice Mould
Tea or Coffee		Strawberry Syrup
<i>High Tea</i>		Biscuits Radishes
Grilled Kidneys and Mushrooms		Caraway Cheese <sup>5</sup>
Tomato Sandwiches		<i>Dinner</i>
Brown Soda Bread		Hors d'Œuvres
Raisin Scones		Braised Turbot
Royal Drops	Chelsea Rock Cakes	Grilled Lamb Chops
Walnut	Gingerbread	Fried Pineapple Rings (L)
Custard Cream Biscuits		Sauté Potatoes French Beans
Pears		Lemon Meringue Pie

NOTE: <sup>1</sup> *Onion Soup*.—Peel and slice 1 lb. onions. Fry slowly in 3 tablespoons melted butter till tender and pale brown, stirring constantly. Add 1 quart beef stock. Boil for 2 or 3 minutes. Season. Toast 4 slices of bread. Remove crusts. Cut toast into cubes. Place in the bottom of a hot tureen. Cover with 3 tablespoons grated cheese. Pour in hot soup. Serve with grated cheese.

<sup>2</sup> p. 129; <sup>3</sup> p. 88; <sup>4</sup> p. 21.

## SEPTEMBER: THIRD WEEK

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Figs		Toad-in-the-Hole
Savoury Omelet		Hawaiian Cabbage Salad <sup>1</sup>
Toast	Rolls	Cream Dressing <sup>2</sup>
Orange Marmalade		Banana Pudding <sup>3</sup>
Tea or Coffee		Oatcakes Tomatoes
		Cheshire Cheese
<i>High Tea</i>		<i>Dinner</i>
Potted Shrimps		Oxtail Soup
Watercress Sandwiches		Fried Whitebait
Brown Soda Bread		Roast Grouse
Sultana Buns	Jap Cakes <sup>4</sup>	Fried Crumbs Bread Sauce
Walnut Gingerbread (L)		Potato Crisps Endive Salad
Coffee Macaroons		Fruit Salad and Cream
Mandarin Fingers		Cheddar Canapés <sup>5</sup>

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Black Grapes		Stuffed Eggs
Fried Salmon Cakes		Lettuce and Beetroot Salad
Oatcakes	Toast	Vanilla Ice Cream <sup>6</sup>
Passion Fruit Marmalade		Strawberry Syrup
Tea or Coffee		Biscuits Radishes
<i>High Tea</i>		<i>Dinner</i>
Sardines au Gratin		Gruyère Cheese
Mustard and Cress Sandwiches		Cream of Green Peas
Drop Scones	Orange Bread	Grilled Rump Steak
Currant Buns	Eccles Cakes	Fried Onions
German Pound Cake		Grilled Tomatoes Potato Chips
Eclairs		Blackberry Flan
Melon		Welsh Rarebit

NOTE: <sup>1</sup>*Hawaiian Cabbage Salad*.—Mix 1 cup shredded cabbage heart with  $\frac{1}{2}$  cup raw carrot, 1 heaped cup diced canned pineapple, and following dressing: <sup>2</sup>*Cream Dressing*.—Stir  $\frac{1}{2}$  cup sugar with  $\frac{1}{2}$  teaspoon cornflour,  $\frac{1}{2}$  teaspoon mustard, pinch of salt,  $\frac{1}{2}$  cup vinegar and 1 lightly-beaten egg over hot water till mixture coats spoon. Fold in 1 cup whipped cream. <sup>3</sup>p. 116; <sup>4</sup>p. 130; <sup>5</sup>p. 19; <sup>6</sup>p. 72.

## SEPTEMBER: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	Grilled Herrings Mustard Sauce
Scrambled Eggs	Fried Potatoes
Toast Wheaten Rolls	Baked Semolina Pudding
Red Currant Jelly	Steamed Plums
Tea or Coffee	Toast Tomatoes
<i>High Tea</i>	Convalli Cheese
Fried Fish and Chips	
Lettuce Salad	
Orange Bread (L) Bath Buns	<i>Dinner</i>
Coburg Cakes Cream Slices	Clear Vegetable Soup
German Pound Cake (L)	Baked Haddock
Chocolate Biscuits	Casserole of Tripe <sup>1</sup>
Plums and Cobnuts	Mashed Potatoes
	Coffee Ice Cream

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Green Grapes	Baked Potatoes Stuffed with
Fried Kippers	Finnan Haddock
Oatcakes Toast	Asparagus Salad
Lime Marmalade	Swiss Apple Pudding <sup>2</sup>
Tea or Coffee	Biscuits Watercress
<i>High Tea</i>	Gorgonzola Cheese
Melton Mowbray Pie	
Tomato Salad	
Cocoa Bread Crumpets	<i>Dinner</i>
Brownies <sup>4</sup> Flapjacks <sup>3</sup>	Cream of Potato Soup
Victoria Sandwich Mocha Filling	Roast Chicken
Shortbread Biscuits	Bread Sauce Braised Celery
Fresh Pears	Meringues and Pineapple
	Liver Sausage Canapés <sup>5</sup>

NOTE: Add Croûtes of Anchovy to Saturday's Dinner and Scalloped Tunny Fish to Sunday's, if liked. If weather is hot, substitute Creamed Rice for the Semolina Pudding at Saturday's Lunch, and start Dinner on Sunday with half Grapefruit garnished with a mint sprig. Creamed flaked Finnan Haddock and Mashed Potatoes can also be substituted for Baked Potatoes with Finnan Stuffing if you don't wish to use oven. <sup>1</sup>p. 17; <sup>2</sup>p. 31; <sup>3</sup>p. 129; <sup>4</sup>p. 166; <sup>5</sup>p. 38.

## SEPTEMBER: FOURTH WEEK

### MONDAY

#### Breakfast

Stewed Prunes  
 Bacon, Fried Bread, Tomatoes  
 Wheaten Rolls      Toast  
 Tangerine Marmalade  
 Tea or Coffee

#### High Tea

Chicken Liver Rolls\* (L)  
 Tomato Sandwiches  
 Cocoa Bread (L)   Teacakes   Fried  
 Devonshire Splits  
 Marble Gems   Demerara Cake  
 Almond Shortbread  
 Dates and Oranges

#### Lunch or Supper

Chicken Curry (L)  
 Flummery  
 Stewed Blackberries  
 Rolls      Celery  
 Brie Cheese

#### Dinner

Chicken Broth (L)  
 Oysters   Tomato Sauce  
 Braised Ox Tongue\*  
 Creamed Diced Potatoes  
 Scalloped Spinach\*  
 Coupe Jeanne

### TUESDAY

#### Breakfast

Orange and Lemon Juice  
 Scotch Scrapple<sup>1</sup>  
 Toast      Oatcakes  
 Honey  
 Tea or Coffee

etc

Spinach and Tongue Salad (L)  
 Bloater Cream Rolls  
 Currant Buns  
 Madeleines   Queen Cakes  
 Apple Sauce Cake  
 Brandy Snaps  
 Dessert

#### Lunch or Supper

Tomato Juice Cocktail\*  
 Ham à la King\*  
 Greengage Milk Jelly  
 Toast      Radishes  
 Sour Milk Cheese

#### Dinner

Hors  
 Grilled Flounders   Sauce Tartare  
 Roast Goose   Apple Sauce  
 Stewed Red Cabbage\*  
 Roast Potatoes  
 Fruit Trifle

NOTE: <sup>1</sup>Scotch Scrapple. — Trim and soak 1 large Finnan haddock in 1 cup milk for 1 hour. Heat slowly in the milk. Remove rind from 6 rashers of bacon. Cut each into 8 strips crosswise. Fry. Stir in 2 tablespoons flour and milk, from fish. Stir till boiling. Add flaked fish, 3 boiled potatoes and black pepper to taste. Pile in a hot deep dish. \* p. 3; \* p. 54; \* p. 85; \* p. 22; \* p. 81; \* p. 28.

## SEPTEMBER: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grapefruit		Devilled Goose Legs (L)
Scrambled Eggs		Grilled Tomatoes
Rolls	Toast	Lyonnaise Potatoes <sup>3</sup>
Damson Cheese		Chocolate Blancmange
Tea or Coffee		Sliced Bananas
		Biscuits Celery
		Gervais Cheese
<i>High Tea</i>		
Stuffed Vegetable Marrow		<i>Dinner</i>
Mustard and Cress Rolls	Hare Soup	Forcemeat Balls
Milk Bread	Sultana Scones	Fried Fillets of Haddock
Chelsea Buns	Doughnuts	Veal Marengo <sup>3</sup>
Cherry and Ginger Cake	Steamed Potatoes	French Beans
Nectarines	Apricot Jam	Omelet

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Fresh Figs		Spanish Meat Loaf <sup>1</sup> (L)
Grilled Kidneys and Bacon		Stuffed Baked Apples <sup>4</sup>
Toast	Oatcakes	Almond Custard Sauce
Bramble Jelly		Rolls Spring Onions
Tea or Coffee		Leicester Cheese
<i>High Tea</i>		
Rabbit Galantine		<i>Dinner</i>
Beetroot and Onion Salad		Giblet Soup (L)
Milk Bread (L)	Wheaten Scones	Grilled Steak and Onions
Coffee Buns	Macaroons	Potato Crisps Corn Pudding <sup>4</sup>
Cherry and Ginger Cake (L)		Compôte of Pears
Chocolate Eclairs		Cauliflower Cheese <sup>6</sup>
Black Grapes		

NOTE: Add Dessert to Wednesday's Dinner and Sole au Gratin to Thursday's, if liked. <sup>1</sup>*Meat Loaf*.—Mince 2 rashers bacon and 2 cups cooked goose. Mix with 1 cup stale breadcrumbs soaked in 1 cup milk. Add 1 teaspoon crushed herbs and seasonings. Turn into a buttered loaf tin. Cover with 1½ cups cooked rice and 1½ cups sieved, stewed tomatoes. Dab with butter. Bake for half an hour in a moderate oven. <sup>2</sup>p. 42; <sup>3</sup>p. 82; <sup>4</sup>p. 14; <sup>5</sup>p. 41; <sup>6</sup>p. 53.

## SEPTEMBER: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Sliced Peaches		Scotch Haggis
Mushroom Omelet		Mashed Potatoes
Toast	Potato Pancakes <sup>1</sup>	Stewed Cabbage <sup>2</sup>
Heather Honey		Devonshire Jupket
Tea or Coffee		Stewed Pears
		Toast Tomatoes
		Convalli Cheese
<i>High Tea</i>		<i>Dinner</i>
Hare Paste (L)		Canteloup Melon
Watercress Sandwiches		Ginger Marmalade
Rye Bread	Crumpets	Boiled Salmon and Cucumber
Cream Buns	Jam Puffs	Grilled Lamb Chops
Devil's Food Cake <sup>3</sup>		Buttered Marrow Sauté Potatoes
Frangipane Eclairs		Cream Caramel
Dessert		

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Green Grapes		Ham and Tongue
Curried Prawns	Boiled Rice	Lettuce and Onion Salad
Oatcakes	Toast	Corn-on-the-Cob
Lemon Marmalade		Blackberry and Apple Tart
Tea or Coffee		Biscuits Spring Onions
		Gruyère Cheese
<i>High Tea</i>		<i>Dinner</i>
Salmon Scallops (L)		Clear Soup
Mustard and Cress Sandwiches		Steak and Kidney Pudding
Rye Bread (L)	Bran Muffins	Mashed Potatoes
Currant Buns	Petrushkas <sup>4</sup>	Spinach Purée
Nut Gingerbread with Rum Icing		Compôte of Oranges
Coconut Biscuits		Welsh Rarebit
Pineapple		

NOTE: Add Dessert to Friday's Dinner and also to Saturday's, if liked, or serve Baked Whiting as a second course on Saturday. Offer either Hollandaise or Tartare Sauce with the Boiled Salmon and Custard Sauce or whipped cream with the Apple Betty. Use seedless oranges for the compôte. Make the Welsh Rarebit with Double Gloucester or Cheshire cheese. Make Cream of Barley with stock from a knuckle of veal. <sup>1</sup> p. 6; <sup>2</sup> p. 28; <sup>3</sup> p. 69; <sup>4</sup> p. 29.

*October*





## OCTOBER: FIRST WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple (L)	Cream of Celery Soup
Fried Sausages and Potatoes (L)	Stewed Knuckle of Veal
Toast	Apricot Betty
Crumpets	Oatcakes
Grapefruit Marmalade	Radishes
Tea or Coffee	Stilton Cheese
<i>High Tea</i>	<i>Dinner</i>
Mushrooms and Bacon Toasts	Tomato Juice Cocktail <sup>1</sup>
Walnut Bread	Oysters au Gratin
London Buns	Roast Leg of Lamb
Eccles Cakes	Mint Sauce
Brownies <sup>3</sup>	Roast Potatoes Buttered Sprouts
Nut Gingerbread (L)	Butterscotch Tartlets <sup>1</sup>
Blackberry Tartlets	
Stuffed Dates	

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Honeydew Melon	Veal and Rice Custards
Grilled Kippers	Endive Salad
Brown Rolls	Lemon Sponge
Toast	Stewed Dried Apricots
Lemon Curd	Biscuits
Tea or Coffee	Celery
	Gorgonzola Cheese
<i>High Tea</i>	<i>Dinner</i>
Beef Galantine	Minestrone Soup
Devilled Eggs	Cold Lamb Apricot Chutney
Walnut Bread (L)	Creamed Potatoes
Oven Scones	Corn on the Cob
Coffee Cake	Pineapple Charlotte
Petits Fours	Kipper Toasts <sup>4</sup>
Strawberry Swiss Roll	
Meringues	
Figs and Pears	

NOTE: <sup>1</sup>*Butterscotch Tartlets*.—Melt  $1\frac{1}{2}$  tablespoons butter in top of a double boiler. Add 3 tablespoons flour. When frothy, gradually add 1 pint milk. Cook till smooth. Melt a walnut of butter. Add 1 cup brown sugar. Cook to a rich caramel. Add to white sauce. When blended, remove. Add 1 teaspoon vanilla and 2 egg yolks slightly beaten. Chill. Pile into baked pastry cases. Garnish with whipped cream. <sup>2</sup> p. 22; <sup>3</sup> p. 166; <sup>4</sup> p. 103.

# OCTOBER: FIRST WEEK

## TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Sliced Peaches		Grilled Herrings	Mustard Sauce
Steamed Eggs	Bacon Toast	Fried Potatoes	
Toast	Oatcakes	Baked Custard	
Ginger Marmalade		Pineapple (L)	
Tea or Coffee		Toast	Tomatoes
		Dutch Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Pork Pie		Cream of Beetroot	
Tomatoes	Watercress	Fried Smelts and Lemon	
Milk Loaf	Krapfen <sup>3</sup>	Roast Plovers	Melted Butter
Bath Buns	Crumpets	Potato Straws	
Orange	Gingerbread	Watercress Salad	
		Morello Cherry Tart	
Rice Biscuits			
Green Grapes			

## WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Oranges		Steak and Kidney Pie	
Grilled Kidneys and Tomatoes		Endive and Lettuce Salad	
Brown Rolls	Toast	Banana Surprise <sup>1</sup> (L)	
Gooseberry Jelly		Biscuits	Celery
Tea or Coffee		Cheshire Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Smoked Sausage		Oyster Cocktail	
Toast	Tomatoes	Mushroom Omelet	
Krapfen <sup>2</sup> (L)	Swiss Buns	Grilled Pork Chops	
Coburg Cakes	Queen Drops	Stewed Cabbage <sup>4</sup>	
Orange	Gingerbread (L)	Lyonnaise Potatoes <sup>5</sup>	
	Cream Horns	Ritz Fool <sup>6</sup>	
	Plums		

NOTE: <sup>1</sup>*Banana Surprise*.—Peel and halve 4 bananas lengthwise. Place in a shallow buttered fireproof dish. Sprinkle with  $\frac{1}{2}$  tablespoon lemon juice,  $1\frac{1}{2}$  tablespoons castor sugar,  $\frac{1}{2}$  cup stewed cherries. Dab with 2 tablespoons butter. Cover and bake. <sup>2</sup>*Ritz Fool*.—Place a tablespoon diced pineapple in each of 4 sundae glasses. Cover with equal quantity sieved canned apricots and whipped cream. Top grated chocolate. <sup>3</sup> p. 159; <sup>4</sup> p. 28; <sup>5</sup> p. 42.

## OCTOBER: FIRST WEEK

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Prunes		Irish Stew
Salmon Kedgeree		Buttered Sprouts
Toast	Rusks	Jellied Mandarin Fingers
Bramble Jelly		Toast Watercress
Tea or Coffee		Sour Milk Cheese
<i>High Tea</i>		
Stuffed Eggs	Fried Bread	Tomato and Bean Purée
Mustard and Cress Sandwiches		Brill with Mustard Butter
Crumpets	Raisin Bread	Roast Partridges
Iced Cakes	Brownies <sup>3</sup>	Bread Sauce Potato Straws
Fruit Cake		Buttered Green Peas
Fresh Pears		Chocolate Soufflé
		<i>Dinner</i>

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grapefruit		Hamburg Loaf
Scrambled Eggs		Mashed Potatoes Mashed Swedes
Oatcakes	Brown Rolls	Stewed Apples
Tangerine Marmalade		Vanilla Custard Sauce
Tea or Coffee		Biscuits Tomatoes
<i>High Tea</i>		Brie Cheese
Spanish Shrimps		
Watercress Sandwiches		<i>Dinner</i>
Raisin Bread (L)	Bakestones <sup>3</sup>	Vegetable Broth
Queen Gems	Flapjacks <sup>1</sup>	Wiener Schnitzel
Lemon Cheese Layer Cake		Creamed Spinach
Coffee Eclairs		Fried Potatoes
Sliced Peaches		Norwegian Cream <sup>4</sup>
		Roes on Toast

NOTE: Add Dessert to Thursday's Dinner and Prawns and Mushrooms Newburg to Friday's, if liked. <sup>1</sup>Flapjacks.—Cream 4 oz. butter with 1 oz. sugar. Stir in 2 tablespoons syrup,  $\frac{1}{2}$  teaspoon salt and 8 oz. rolled oats. Mix well and spread evenly in a greased baking-tin. Bake in a moderate oven from 30 to 40 minutes till golden. Cut in equal-sized strips. Cool in tin. <sup>2</sup>p. 166; <sup>3</sup>p. 45; <sup>4</sup>p. 55.

## OCTOBER: SECOND WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Baked Stuffed Mackerel
Grilled Tomato Sausages	Potato Chips Cucumber Salad
Toast	Cherry Betty
Lemon Marmalade	Oatcakes Celery
Tea or Coffee	Gorgonzola Cheese

### High Tea

Shrimp Sandwiches (L)	<i>Dinner</i>
Ham and Cress Rolls	Grapefruit
Cocoa Bread	Steamed Whiting
Flannel Cakes	Anchovy Sauce
Swiss Roll	Grilled Steak
Shrewsbury Biscuits	Fried Potatoes
Oranges	Stewed Mushrooms
	Lemon Meringue Pie

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Sardine Omelet
Fried Bacon	Tomato and Onion Salad
Brown Rolls	Honeycomb Mould <sup>3</sup>
Honey	Compôte of Apricots
Tea or Coffee	Biscuits Radishes
	Convalli Cheese
<i>High Tea</i>	<i>Dinner</i>
Hot Ham Loaf <sup>5</sup> (L)	Clear Vegetable Soup
Watercress Sandwiches	Scalloped Oysters
Cocoa Bread (L)	Roast Sirloin of Beef
Florentines <sup>4</sup>	Roast Potatoes
Gingerbread	Mashed Marrow
Tutti Frutti Shortbread	Tea Soufflé
Fruit Salad	

NOTE: <sup>1</sup>*Jap Cakes*.—Beat 3 egg whites till stiff. Stir in 6 oz. sugar and 6 oz ground almonds. Spread evenly on a baking-sheet, lined with paper. Bake in moderate oven till almost cooked. Cut into  $1\frac{1}{2}$ -inch rounds. Return to oven till brown and crisp. Remove rounds, but leave trimmings to bake till rich brown. Sandwich rounds, when cold, with coffee butter icing and coat top and sides lightly. Dip in sieved trimmings. <sup>2</sup>p. 78; <sup>3</sup>p. 12; <sup>4</sup>p. 30; <sup>5</sup>p. 22.

## OCTOBER: SECOND WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Curried Eggs Boiled Rice
Sausage Croquettes	Endive Salad Tomato Chutney
Toast Oatcakes	Banana and Strawberry Compôte <sup>3</sup>
Orange Marmalade	Toast Celery
Tea or Coffee	Camembert Cheese
<i>High Tea</i>	<i>Dinner</i>
Stuffed Mushroom Toasts <sup>1</sup>	Brown Soup
Buttered Soda Bread	Scalloped Tunny Fish
Welsh Pikelets	Cold Roast Beef
Rock Cakes	Pickled Beetroot
Chocolate Drops Meringues	Scalloped Tomatoes
Gingerbread (L)	Stuffed Baked Potatoes <sup>2</sup>
Melon	Apricot Fritters

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apricots (L)	Beef Terrapin <sup>4</sup> (L)
Creamed Finnan Haddock	Mashed Potatoes
Rolls Toast	Blackcap Pudding
Damson Cheese	Biscuits Watercress
Tea or Coffee	Leicester Cheese
<i>High Tea</i>	<i>Dinner</i>
Boar's Head	Melon Cocktail
Mixed Vegetable Salad	Stuffed Baked Sea Bream
Malt Bread Currant Buns	Boiled Mutton Caper Sauce
Sponge Cake	Boiled Potatoes
Pineapple Layer Cake	Buttered Cabbage
Chocolate Wafers <sup>5</sup>	Coffee Rice Mould
Golden Plums	

NOTE: <sup>1</sup>*Mushroom Toasts*.—Wipe, peel and stem 4 large mushrooms. Remove part of insides. Mince with small sprig parsley and 1 shallot. Fry gently in  $\frac{1}{2}$  oz. butter for 5 minutes. Moisten 1 tablespoon breadcrumbs with hot milk. Squeeze. Stir into mixture. Add a beaten egg yolk. Stir over slow heat until thick. Season. Stuff mushrooms. Dab with butter. Bake for 5 minutes.

<sup>2</sup> p. 25; <sup>3</sup> p. 19; <sup>4</sup> p. 5; <sup>5</sup> p. 102.

## OCTOBER: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Pineapple	Cold Mutton	Mint Jelly
Fried Bacon and Eggs	Stoved Potatoes <sup>1</sup>	
Toast	Buttered Beetroot	
Ginger Marmalade	Devonshire Junket	
Tea or Coffee	Stewed Figs	
<i>High Tea</i>	Oatcakes	Tomatoes
Pork Pie		Wensleydale Cheese
Hawaian Cabbage Salad <sup>2</sup>		<i>Dinner</i>
Malt Bread (L)	Chelsea Buns	Fish Cocktail
Doughnuts	Brandy Snaps	Casserole of Tripe <sup>3</sup>
German Pound Cake		Mashed Potatoes
Chocolate Eclairs		Creamed Artichokes
Black Grapes		Sir Walter Raleigh Pudding <sup>4</sup>
		Welsh Rarebit

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apples	Baked Rabbit	Oatmeal Stuffing
Mushroom Omelet	Scalloped Potatoes	and Spinach
Brown Rolls	Toast	Pineapple Sponge
<i>Tea or Coffee</i>		Carraway Cheese <sup>5</sup>
<i>High Tea</i>		
Toad-in-the-Hole (L)		<i>Dinner</i>
Rice Bread	Girdle Cakes	Cock-a-Leekie
Bath Buns		Sole Mornay <sup>6</sup>
Orange Cheese Cakes		Roast Teal
German Pound Cake (L)		Orange Salad <sup>7</sup> Madeira Gravy
Ginger Nuts		Potato Straws
Fresh Figs		Trifle

NOTE: Add Fried Smelts to Wednesday's Dinner and Ham Canapés to Thursday's, if liked. Make "Toad" with remainder of mutton. <sup>1</sup>*Stoved Potatoes*.—Boil mutton, fat, scraps and bones in water to cover for 2 hours. Add 8 to 12 peeled, sliced potatoes, 2 or 3 sliced, peeled medium onions, and plenty of salt and pepper to taste. Cover. Simmer for 1 hour. Serve and gravy. <sup>2</sup>p. 122; <sup>3</sup>p. 17; <sup>4</sup>p. 10; <sup>5</sup>p. 21; <sup>6</sup>p. 56; <sup>7</sup>p. 88.

## OCTOBER: SECOND WEEK

### FRIDAY

#### *Breakfast*

Sliced Peaches  
Scrambled Eggs and Bacon  
Toast    Oatcakes    Honey  
Tea or Coffee

#### *High Tea*

Fried Fish and Tomatoes  
Mustard and Cress Sandwiches  
Drop Scones    Rye Bread  
Jap Cakes<sup>4</sup>    Rice Biscuits  
Victoria Jam Sandwich  
Apples

*Lunch or Supper*  
Tripe and Onion Pie<sup>1</sup>  
Endive Salad  
Butterscotch Pudding<sup>2</sup>  
Toast    Celery  
Cheddar Cheese

#### *Dinner*

Hors d'Œuvres  
Trout à la Meunière  
Grilled Steak  
Maitre d'Hôtel Butter  
Potato Straws  
Grilled Mushrooms  
Walnut Blancmange

### SATURDAY

#### *Breakfast*

Oranges  
Grilled Kippers  
Brown Rolls    Toast  
Orange Marmalade  
Tea or Coffee

#### *High Tea*

Salmon Croquettes  
Watercress

White Bread    Duck Paste  
Treacle Scones<sup>4</sup>    Bath Buns  
Eccles Cakes    Brownies<sup>5</sup>  
Coffee Cake  
Cream Horns  
Pineapple

*Lunch or Supper*  
Scalloped Macaroni  
Dried Fruit Salad  
Custard Sauce  
Biscuits    Watercress  
Gorgonzola Cheese

#### *Dinner*

Cream of Green Peas  
Roast Stuffed Chicken  
Bread Sauce    Potato Crisps  
Creamed Spinach  
Raspberry Charlotte  
Cheese Fondue

NOTE: <sup>1</sup>Tripe and Onion Pie.—Cook 1 lb. tripe and  $\frac{1}{2}$  cup chopped onion in water to cover till tender. Strain and keep liquor. Shred tripe. Melt 1 oz. butter in a saucepan. Add 1 tablespoon flour, liquor, and 1 gill milk. Stir till boiling. Add tripe and onion. Cook 5 minutes. Turn into a buttered pie-dish. Cover with mashed potatoes. Dab with butter. Bake till golden. <sup>2</sup> p. 20; <sup>3</sup> p. 130; <sup>4</sup> p. 153; <sup>5</sup> p. 166.

## OCTOBER: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Green Grapes	Baked Ham <sup>1</sup> Apple Chutney
Grilled Kidneys and Bacon	Potato and Celery Salad
Toast	Baked Tapioca Pudding
Oatcakes	Stewed Dried Apricots
Gooseberry Jelly	
Tea or Coffee	

### High Tea

<i>High Tea</i>	<i>Dinner</i>
Romney Patties <sup>2</sup> (L)	Minestrone
Cucumber Sandwiches	Roast Stuffed Loin of Pork
Bran Muffins	Apple Sauce
Teacakes	Stewed Cabbage <sup>3</sup>
Marble Gems	
Shortbread	Roast Potatoes
Walnut Gingerbread	Fruit Compôte <sup>4</sup>
Meringues	
Bananas and Cream	Mushroom Canapés

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Ham Loaf <sup>5</sup> (L)
Boiled Eggs	Lettuce and Tomato Salad
Brown Rolls	Apple Betty
Toast	Toast
Lemon Marmalade	Celery
Tea or Coffee	Gruyère Cheese
<i>High Tea</i>	<i>Dinner</i>
Sardines on Toast	Grapefruit
Tomato Sandwiches	Fried Fillets of Sole
Currant Scones	Sauce Tartare
Soda Bread	Cold Pork
Orange Layer Cake	Apple Chutney
Walnut Gingerbread (L)	Creamed Beetroot <sup>6</sup>
Custard Cream Biscuits	Baked Potatoes
Melon	Fruit Tart

NOTE: Add Prawn Mayonnaise to Sunday's Dinner and Cheese Soufflé to Monday's. <sup>1</sup>*Baked Ham*.—Soak, boil and skin ham. Rub fat with garlic, then with Demerara sugar. Prick with cloves. Bake till crisp on top. <sup>2</sup>*Patties*.—Dice 4 oz. cooked chicken and 4 oz. cooked ham. Stir into  $\frac{1}{2}$  pint seasoned white sauce. Add pinch ground mace and 2 oz. chopped cooked mushrooms. Pile into hot pastry cases. Garnish with parsley. <sup>3</sup> p. 28; <sup>4</sup> p. 4; <sup>5</sup> p. 22; <sup>6</sup> p. 145.

## OCTOBER: THIRD WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	
Fried Bacon, Bread and Tomatoes	Pork Terrapin <sup>1</sup> (L)
Toast	Creamed Potatoes
Oatcakes	Russian Jelly
Grapefruit Marmalade	Biscuits Watercress
Tea or Coffee	Cheshire Cheese

### High Tea

<i>Breakfast</i>	<i>Dinner</i>
Baked Haddock	
Sultana Scones	Hotch Potch
Soda Bread (L)	Baked Red Mullet
Swiss Buns	Braised Sheep's Tongues
Coffee Eclairs	Mashed Potatoes
Ginger Spice Cakes	Greengage Fool
Chocolate Biscuits	
Oranges	

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Cold Ham (L) Mixed Pickles
Fried Fish Cakes	Russian Salad
Rolls	College Pudding
Ginger Marmalade	Custard Sauce
Tea or Coffee	Toast Spring Onions
	Cream Cheese
<i>High Tea</i>	<i>Dinner</i>
Mushrooms on Toast	Cream of Artichokes
Spanish Sandwiches	Fried Croûtons
Bath Buns	Grilled Salmon Steaks
Muffins	Steak and Kidney Pie
Queen Cakes	Riced Potatoes Buttered Sprouts
Strawberry Swiss Roll	Jam Omelet
Coconut Biscuits	
Black Grapes	

NOTE: Add Gruyère Titbits<sup>2</sup> to Tuesday's Dinner and Dessert to Wednesday's, if liked. Serve Cold Ham with Asparagus Salad, if preferred. Mix Cream Cheese to taste with salt, pepper, chopped chives or spring onion, and minced pimento to taste. Serve on a glass dish lined with a lettuce leaf. Serve Salmon with lemon garnish and Dutch sauce. <sup>1</sup> p. 8; <sup>2</sup> p. 5.

## OCTOBER: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Fish Pie <sup>2</sup> Cucumber Salad
Fried Eggs and Bacon	Orange Sponge
Toast      Rolls	Banana Custard <sup>3</sup>
Tangerine Marmalade	Biscuits      Tomatoes
Tea or Coffee	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Grilled Chipolatas	Hors d'Œuvres
Watercress Sandwiches	Boiled Halibut
Crumpets      Farmhouse Bread	Hollandaise Sauce
Chelsea Buns	Jugged Hare      Rowan Jelly
American Ribbon Cake	Buttered Spinach
Coffee Macaroons	Mashed Potatoes
Cobnuts and Pears	Charlotte Russe

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apples	Stewed Breast of Lamb
Egg and Sausage Scramble	Riced Potatoes      Green Peas
Rolls      Toast	Chocolate Blancmange
Damson Cheese	Fruit Salad
Tea or Coffee	Oatcakes      Celery
<i>High Tea</i>	Stilton Cheese
Scotch Eggs	<i>Dinner</i>
Toast      Girdle Scones	Hare Soup (L)
Currant Buns      Wine Biscuits	Grilled HERRINGS Mustard Sauce
Madeira Cake	Casserole of Veal
Apricot Cheese Cakes	Mashed Potatoes      Artichokes
Green Grapes	Topsy Cake <sup>1</sup>

NOTE: Add Dessert to Thursday's Dinner and Stuffed Tomatoes to Friday's, if liked. <sup>1</sup>*Topsy Cake*.—Cut a high, round sponge cake into thick slices. Spread each with apricot jam. Build up into cake. Place in a glass dish. Sprinkle with a glass of sherry mixed with juice of  $\frac{1}{2}$  lemon. Soak for 1 hour. Spike with 3 oz. blanched shredded almonds. Pour 1 pint vanilla custard round. <sup>2</sup>p. 79; <sup>3</sup>p. 18.

## OCTOBER: FOURTH WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apricots	Ham and Tongue	
Fried Bacon and Corn Fritters <sup>1</sup>	Potato and Celery Salad	
Toast Oatcakes	Baked Vanilla Custard	
Rowan Jelly (L)	Victoria Plums	
Tea or Coffee	Biscuits Spring Onions	
	Gorgonzola Cheese	
		<i>Dinner</i>
	Kidney Soup	
	Sole Mornay <sup>2</sup>	
	Roast Shoulder of Lamb	
	Mint Sauce	
	Roast Potatoes Cauliflower	
	Loganberry Fool	

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Orange Juice	Cream of Tomato	
Grilled Kippers	Cold Lamb Mango Chutney	
Oatcakes Toast	Mixed Vegetable Salad	
Orange Marmalade	Treacle Tart	
Tea or Coffee	Dessert	
		<i>Dinner</i>
	Tomato Juice Cocktail <sup>4</sup>	
	Roast Stuffed Duck	
	Apple Sauce	
	Roast Potatoes Buttered Beans	
Malt Bread (L) Tea Cakes	Orange Salad <sup>5</sup>	
Brownies <sup>6</sup> Petits Fours	Cream Caramel	
Orange Layer Cake	Welsh Rarebit	
Fresh Figs		

NOTE: Add Dessert, consisting of fresh fruit, dates and nuts to Saturday's Dinner, and Scalloped Crab (glossed crab) to Sunday's, if liked. If preferred, substitute Toast, Radishes and Cheese for Treacle Tart, or omit Soup from Sunday's Lunch and end with a cheese course. Serve salted cream crackers with Tomato Juice Cocktail. Add parboiled, minced liver to sage-and-onion stuffing for Duck. <sup>1</sup> p. 78; <sup>2</sup> p. 56; <sup>3</sup> p. 130; <sup>4</sup> p. 22; <sup>5</sup> p. 88; <sup>6</sup> p. 166.

## OCTOBER: FOURTH WEEK

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Stewed Prunes		Jellied Lamb Salad (L)
Ham Omelet		Devilled Eggs
Rolls	Toast	Rice and Raisin Pudding
Lemon Marmalade		Oatcakes Tomatoes
Tea or Coffee		Cärphilly Cheese
<i>High Tea</i>		<i>Dinner</i>
Galantine of Veal	Lentil Purée	Fried Croûtons
Brown Bread	Treacle Scones <sup>2</sup>	Fried Mackerel
Sultana Scones	Bath Buns	Casserole of Liver
Raspberry Swiss Roll		Steamed Potatoes
Shortbread Biscuits		Buttered Sprouts
Pineapple Slices		Banana Trifle

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Black Grapes		Russian Fish Pie <sup>3</sup>
Fried Kidneys	Bread Tomatoes	Cucumber Salad
Toast	Oatcakes	Honeycomb Mould <sup>4</sup>
Honey		Orange and Banana Compôte
Tea or Coffee		Biscuits Celery
		Leicester Cheese
<i>High Tea</i>		<i>Dinner</i>
Devilled Eggs	Cream of Cauliflower <sup>1</sup>	
Liver and Celery Sandwiches	Fried Cod Steaks	
Malt Bread	Hamburg Steaks	
Currant Buns	Grilled Mushrooms	
Oxford Plum Cake	Fried Potatoes	
Digestive Biscuits	Baked Chocolate Pudding <sup>5</sup>	
Melon	Whipped Cream	

NOTE: Add Dessert to Monday's Dinner and Finnan Croûtes<sup>6</sup> to Tuesday's, if liked. Garnish each Hamburg Steak with grated horseradish. Serve Fried Cod Steaks with Maitre d'Hôtel Butter. If preferred, substitute Chocolate Cream Pie for the pudding. <sup>1</sup>Cream of Cauliflower.—Make soup with white sauce and boiled cauliflower, or partly with white sauce and partly with well-seasoned white stock. <sup>2</sup>p. 153; <sup>3</sup>p. 79; <sup>4</sup>p. 12; <sup>5</sup>p. 2; <sup>6</sup>p. 9.

## OCTOBER: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Sliced Peaches	Baked	Stuffed Sheep's Hearts	
Poached Eggs	Bacon	Roast Potatoes	Glazed Carrots
Wheaten Rolls	Toast		Ground Rice Mould
Gooseberry Jelly		Strawberry Syrup	
Tea or Coffee		Rolls	
		Stilton Cheese	
			<i>Dinner</i>
		Hors d'Œuvres	
		Braised Turbot	
		Roast Pheasant	
		Bread Sauce	Potato Straws
		Buttered Peas and Carrots	
		Apricot Soufflé Pancakes <sup>5</sup>	

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>		
Grapefruit	Toad-in-the-Hole		
Fried Cod's Roe	Lettuce and Tomato Salad		
Toast	Blackcap Pudding		
Ginger Marmalade	Biscuits	Watercress	
Tea or Coffee		Gruyère	
			<i>Dinner</i>
		Vegetable Broth	
		Plaice au Gratin	
		Fried Veal Scallops	
		Steamed Artichokes	
		Cold Cabinet Pudding <sup>1</sup>	
		Roes on Toast	

NOTE: <sup>1</sup>*Pudding*.—De-crust 6 slices bread. Spread thickly with apricot jam and line a timbale mould. Heat 1 pint milk with 1 oz. sugar and rind of a lemon. When almost boiling, remove rind. Stir milk into 2 beaten egg yolks. Stir over boiling water till thick. Pour into a basin. Strain in  $\frac{1}{2}$  oz. dissolved gelatine. Cool. Strain over bread. Weight. Serve in a glass dish with stewed fruit  
<sup>1</sup> p. 9; <sup>2</sup> p. 153; <sup>3</sup> p. 129; <sup>4</sup> p. 106.

## OCTOBER: FOURTH WEEK

### FRIDAY

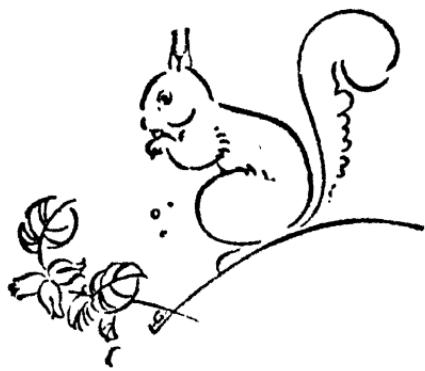
<i>Breakfast</i>	<i>Lunch or Supper</i>
Fried Sausages and Bananas	
Rolls      Toast	Irish Stew
Bramble Jelly	Eve's Pudding
Tea or Coffee	Vanilla Custard Sauce
<i>High Tea</i>	Oatcakes      Celery
Fried Kippers	Cheddar Cheese
Tomato Sandwiches	
Walnut Bread (L)      Drop Scones	<i>Dinner</i>
Swiss Buns      Cheese Cakes	Mock Turtle Soup
Genoa Cake	Fried Skate      Black Butter <sup>2</sup>
Chocolate Eclairs	Lancashire Hot Pot
Dessert	Compôte of Oranges
	Rum Cream

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Green Grapes	Scotch Colllops
Fried Herrings <sup>3</sup>	Mashed Potatoes
Waffles      Maple Syrup	Butterscotch Pudding <sup>4</sup>
Tea or Coffee	Biscuits      Tomatoes
<i>High Tea</i>	Gorgonzola Cheese
Mutton Pies	
Mustard and Cress Sandwiches	<i>Dinner</i>
Soda Scones      Devonshire Splits	Mandarin Cocktail
Genoa Cake (L)	Sole Florentine <sup>5</sup>
Chocolate Wafers <sup>6</sup>	Rabbit Pie
Ginger Nuts	Riced Potatoes      Lettuce Salad
Pineapple	Buttered String Beans
	Pineapple Amber <sup>1</sup>

NOTE: Add Anchovy Canapés to Friday's Dinner and Mushrooms on Toast to Saturday's, if liked. <sup>1</sup>Pineapple Amber.—Dice 3 slices canned pineapple. Place  $\frac{2}{3}$  cups sieved sponge-cake crumbs in a basin. Sprinkle with about 1 cup pineapple syrup. Add pineapple and 4 egg yolks, stirring in one at a time. Steam in a buttered mould, covered with buttered paper, for  $1\frac{1}{2}$  hours. <sup>2</sup>p. 65; <sup>3</sup>p. 60; <sup>4</sup>p. 20; <sup>5</sup>p. 161; <sup>6</sup>p. 102.

*November*





## NOVEMBER: FIRST WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Doncaster Pie <sup>1</sup>
Grilled Bacon	Riced Potatoes
Scrambled Eggs	Endive Salad
Toast	Lemon Milk Jelly
Oatcakes	Stewed Pears
Orange Marmalade	
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Welsh Rarebit	Mulligatawny Soup
Celery	Roast Sirloin of Beef
Brown Bread	Grated Horseradish
Krapfen <sup>2</sup>	
Walnut Wafers	Roast Potatoes
Cherry Buns	Mashed Swedes
Fruit	Jellied Fruit
Gingerbread	
Jam Tartlets	Chicken Liver Rolls <sup>3</sup> (L)
Fresh Figs and Walnuts	

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	Tongue Salad (L)
Grilled Kippers	College Pudding
Brown Rolls	Vanilla Custard Sauce
Toast	Toast
Grapefruit	Spring Onions
Marmalade	
Tea or Coffee	Stilton Cheese
<i>High Tea</i>	<i>Dinner</i>
Sardines on Toast	Kidney Soup
Milk Bread	Crawfish au Gratin
Krapfen <sup>3</sup> (L)	Cold Roast Beef
Crumpets	Pickled Beetroot
Flapjacks <sup>4</sup>	Creamed Potatoes
Meringues	Buttered Celery
Apricot Swiss Roll	Apple Betty and Cream
Petit Beurre Biscuits	
Greengages	

NOTE: <sup>1</sup>Doncaster Pie.—Melt  $\frac{1}{2}$  oz. butter in a pan. Fry 1 sliced onion till clear. Mince 6 oz. ox tongue and 6 oz. boiled ham. Stir in  $\frac{1}{2}$  gill stock, 1 teaspoon French mustard, 2 tablespoons tomato catsup. Place in a buttered pie-dish. Cover with 2 sliced hard-boiled eggs, onion and flaky pastry. Bake in hot oven for half an hour. <sup>2</sup> p. 159; <sup>3</sup> p. 3; <sup>4</sup> p. 129.

## NOVEMBER: FIRST WEEK

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apricots	Curried Beef (L) Boiled Rice
Finnan Kedgeree	Mango Chutney
Toast Oatcakes	Swiss Apple Pudding <sup>1</sup>
Damson Cheese	Biscuits Tomatoes
Tea or Coffee	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Brawn	Hors d'Œuvres
Watercress Sandwiches	Brill with Mustard Butter
Cocoa Bread	Grilled Mutton Chops
Custard Tartlets	Buttered Artichokes
Sponge Sandwich	Fried Potatoes
Oranges	Gooseberry Tart

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Tripe and Onions
Savoury Omelet	Mashed Potatoes
Rolls Toast	Hot Gingerbread
Honey	Almond Custard Sauce
Tea or Coffee	Oatcakes Celery
<i>High Tea</i>	Cheshire Cheese
Baked Stuffed Tomatoes <sup>1</sup>	<i>Dinner</i>
Vienna Bread Cocoa Bread (L)	Cream of Celery
Devonshire Splits	Boiled Pheasant
Chocolate Gems Florentines <sup>4</sup>	Mushroom Sauce
Royal Drops	Mashed Potatoes Braised Leeks
Dundee Cake <sup>5</sup>	Trifle
Plums and Cream	Corn-on-the-Cob Melted Butter

NOTE: Add Dessert to Tuesday's Dinner and Grilled Sole to Wednesday's.  
<sup>1</sup>*Stuffed Tomatoes.*—Mix 1½ oz. minced cold ham with 1½ oz. breadcrumbs, 1½ teaspoons each minced onion and parsley. Season. Cut a slice off top of 4 large tomatoes. Remove pulp. Fill with mixture. Sprinkle with grated cheese. Place each on a round of fried bread spread with remainder of filling, then with chopped fried mushrooms. Bake 8 minutes. <sup>1</sup> p. 31; <sup>1</sup> p. 166; <sup>4</sup> p. 30; <sup>5</sup> p. 93.

## NOVEMBER: FIRST WEEK

### THURSDAY

#### *Breakfast*

Black Grapes  
Fried Fish Cakes  
Oatcakes      Toast  
Lemon Marmalade  
Tea or Coffee

#### *High Tea*

Devilled Spaghetti  
Watercress  
Malt Bread      Currant Buns  
Queen Cakes      Coburg Cakes  
Custard Eclairs  
Walnut Gateau  
Fresh Pears

#### *Lunch or Supper*

Salmon Loaf<sup>3</sup>  
Egg and Parsley Sauce  
Pancakes  
Rolls      Radishes  
Cream Cheese

#### *Dinner*

Clear Soup  
Hot Cheese Straws  
Braised Turbot  
Steak and Kidney Pie  
Riced Potatoes      Spinach  
Pineapple Soufflé

### FRIDAY

#### *Breakfast*

Grapefruit  
Grilled Kidneys and Bacon  
Toast      Potato Pancakes  
Tangerine Marmalade  
Tea or Coffee  
.

#### *High Tea*

Buck Rarebit<sup>1</sup>  
Mustard and Cress Sandwiches  
Malt Bread (L)      Drop Scones  
Dundee Cake (L)  
Flapjacks<sup>2</sup>      Brandy Snaps  
Fruit Salad

#### *Lunch or Supper*

Pressed Beef  
Beetroot and Potato Salad  
Apple Chutney  
Orange Fritters  
Biscuits      Watercress  
Gorgonzola Cheese

#### *Dinner*

Melon Cocktail  
Fried Mackerel      Black Butter<sup>4</sup>  
Roast Ptarmigan  
Bread Sauce      Potato Straws  
Endive Salad  
Cream Caramel

NOTE: Add Cheese Aigrettes to Thursday's Dinner and Dessert to Friday's, if liked. Serve Cream Caramel with whipped, sweetened cream flavoured with rum. <sup>1</sup>*Buck Rarebit*.—Melt 1 oz. butter. Add  $\frac{1}{2}$  lb. grated Cheddar cheese, 2 tablespoons milk, 1 teaspoon made mustard, and salt and cayenne pepper to taste. Pile on 4 squares of hot buttered toast. Place a poached egg on top of each. Dredge with paprika. Serve at once. <sup>2</sup> p. 107; <sup>3</sup> p. 129; <sup>4</sup> p. 65.

## NOVEMBER: SECOND WEEK

### SATURDAY

#### *Breakfast*

Pears  
Midget Scramble<sup>1</sup>  
Rolls      Toast  
Red Currant Jelly  
Tea or Coffee

#### *High Tea*

Buttered Shrimps  
Brown Bread and Butter  
Treacle Scones<sup>2</sup>      Coffee Buns  
Cheese Cakes      Shortbread  
Orange Layer Cake  
Ginger Nuts  
Green Grapes

*Lunch or Supper*  
Fried Fish and Chips  
Cucumber and Lettuce Salad  
Apple Dumplings  
Custard Sauce  
Oatcakes      Tomatoes  
Leicester Cheese

#### *Dinner*

Cream of Corn  
Halibut Steaks au Gratin  
Casserole of Rabbit  
Mashed Potatoes Buttered Savoy  
Apricot Flan  
Whipped Cream

### SUNDAY

#### *Breakfast*

Stewed Figs  
Fried Bacon, Tomatoes, Bread  
Toast      Oatcakes  
Lime Marmalade  
Tea or Coffee

*Lunch or Supper*  
Scotch Haggis  
Mashed Potatoes  
Baked Vanilla Custard  
Pears (L)  
Biscuits      Celery  
Gervais Cheese

#### *High Tea*

Pork Pie and Tomatoes  
White Bread      Crumpets  
Bran Muffins      Queen Gems  
Sultana Cake  
Meringues  
Bananas and Mandarins

*Dinner*  
Scotch Broth  
Roast Stuffed Loin of Pork  
Roast Potatoes  
Stewed Red Cabbage<sup>4</sup>  
East Wind<sup>2</sup>  
Mushrooms on Toast

NOTE: <sup>1</sup>*Midget Scramble*.—Mash  $\frac{1}{2}$  lb. half-boiled, skinned midget sausages. Mix with a beaten egg and 2 beaten yolks and 3 tablespoons milk. Season. Melt 2 oz. butter. Add mixture. Scramble. Serve on fried bread. <sup>2</sup>*East Wind*.—Mix 1 $\frac{1}{2}$  cups pineapple juice with 1 $\frac{1}{2}$  cups cold water and 1 teaspoon lemon juice. Boil. Add 1 packet lemon jelly. Dissolve. Chill. Beat in 3 tablespoons condensed milk. When stiff, garnish with whipped cream and pineapple. <sup>3</sup> p. 153; <sup>4</sup> p. 28.

## NOVEMBER: SECOND WEEK

### MONDAY

#### *Breakfast*

Orange Juice  
Boiled Eggs  
Brown Rolls      Toast  
Grapefruit Marmalade  
Tea or Coffee

#### *High Tea*

Grilled Kippers  
Tomato Sandwiches  
Orange Bread      Crumpets (L)  
Jap Cakes<sup>4</sup>      Bath Buns  
Strawberry Swiss Roll  
Sultana Cake (L)  
Pineapple (L)

#### *Lunch or Supper*

Meat Loaf and Pickles  
Marrow Soufflé<sup>1</sup>  
Queen of Puddings  
    Rolls  
Gorgonzola Cheese

#### *Dinner*

Hors d'Œuvres  
Onion Soup<sup>3</sup>  
Cold Pork and Apricot Chutney  
Scalloped Potatoes  
Creamed Beetroot<sup>2</sup>  
Baked Apples and Cream

#### *Breakfast*

Green Grapes  
Curried Prawns      Boiled Rice  
    Toast      Oatcakes  
    Lemon Cheese  
    Tea or Coffee

#### *Lunch or Supper*

Pork Croquettes (L)  
Green Peas      Tomato Sauce  
Steamed Prunes      Custard Sauce  
Biscuits      Lettuce Salad  
    Stilton Cheese

#### *Dinner*

*High Tea*  
Hot Mutton Pies  
Watercress Sandwiches  
Girdle Scones      Swiss Buns  
Jam Tartlets      Coffee Eclairs  
    Cherry and Ginger Cake  
    Apples and Oranges

Cream of Artichokes  
Jugged Hare      Forcemeat Balls  
Mashed Potatoes  
Buttered Sprouts  
Tapioca Cream  
Strawberry Syrup  
Welsh Rarebit

NOTE: Add Hot Cheese Straws to Monday's Dinner and Fried Smelts to Tuesday's.  
<sup>1</sup>*Marrow Soufflé*.—Mix 2 cups boiled mashed marrow with 1 cup white sauce, 1 teaspoon minced onion. Season. Stir in 2 beaten egg yolks. Fold in 2 stiffly-frothed egg whites. Bake in a buttered pie-dish for half an hour.  
<sup>2</sup>*Creamed Beetroot*.—Chop 1 lb. boiled beetroot. Fry in 2 tablespoons butter. Season. Stir in vinegar to taste. Simmer 3 minutes. Add thick cream to taste.  
<sup>3</sup> p. 121; <sup>4</sup> p. 130.

## NOVEMBER: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Steamed Prunes (L)	Grilled Herring Mustard Sauce
Fried Sausage Cakes	Fried Potatoes
Apple Slices	Marmalade Pudding
Rolls      Toast	Lemon White Sauce
Ginger Marmalade	Oatcakes      Celery
Tea or Coffee	Dutch Cheese

### High Tea

<i>Buttercups<sup>1</sup></i>	<i>Watercress</i>	<i>Dinner</i>
Brown Bread	Drop Scones	Fruit Cocktail
Date Kisses	Rock Cakes	Halibut Florentine <sup>2</sup>
Cherry and Ginger Cake (L)	Cream Slices	Casserole of Pheasant
Bananas and Cream		Stewed Cabbage <sup>3</sup> Riced Potatoes
		Chocolate Charlotte

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches	Haricot Mutton
Steamed Eggs      Bacon Toasts	Stoved Potatoes <sup>4</sup>
Toast      Oatcakes	Prune Fritters
Passion Fruit Marmalade	Biscuits      Watercress
Tea or Coffee	Celery Cheese

### High Tea

<i>Hare Paste and Tomatoes (L)</i>	<i>Dinner</i>
Brown Bread      Toast	Minestrone
Devonshire Splits	Grilled Fillet      Steak
Chelsea Buns      Brownies <sup>5</sup>	Maitre d'Hôtel Butter
Chocolate Layer Cake	Potato Chips
Walnut Biscuits	Cauliflower Cheese <sup>6</sup>
Dates and Oranges	Chesham Tart <sup>7</sup>

NOTE: Add Finnan Croûtes<sup>8</sup> to Wednesday's Dinner and Hake Soufflé to Thursday's, if liked. <sup>1</sup>Buttercups.—Dip 2 sheep's kidneys in boiling water. Skin, core, chop and fry in 1 oz. butter till almost tender. Add 2 oz. chopped ham. Fry 1 minute. Add 2 large chopped, peeled tomatoes, 1 teaspoon minced pimento. Season. When tomatoes are soft, spread mixture on 4 squares hot buttered toast. Top each with a poached egg. Dredge with paprika. <sup>2</sup>p. 161; <sup>3</sup>p. 28; <sup>4</sup>p. 132; <sup>5</sup>p. 166; <sup>6</sup>p. 53; <sup>7</sup>p. 40; <sup>8</sup>p. 9.

## NOVEMBER: SECOND WEEK

### FRIDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Grapefruit			Fish Pie <sup>2</sup>
Fried Eggs and Bacon			Lettuce Salad
Rolls	Toast		Rice Custard <sup>1</sup>
Honey			Greengages
Tea or Coffee			Toast Tomatoes
			Stilton Cheese
<i>High Tea</i>			<i>Dinner</i>
Sausage Rolls			Cream of Tomatoes
Stuffed Celery <sup>3</sup>			Fried Fillets of Sole
Yorkshire Tea Cakes			Hollandaise Sauce
Milk Bread	Currant Buns		Roast Widgeon
Doughnuts	Brandy Snaps		Potato Straws
Chocolate Layer Cake (L)			Orange Salad <sup>4</sup>
Pears and Cobnuts			Fruit Tart and Cream

### SATURDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Grilled Gammon	Fried Bananas		Irish Stew
Toast	Rolls		Buttered Scotch Kale
Damson Cheese			Stewed Apples
Tea or Coffee			Vanilla Blancmange
			Biscuits Radishes
<i>High Tea</i>			Gruyère Cheese
Sardines on Toast			<i>Dinner</i>
Tomato Sandwiches			Haricot Bean Purée
Cocoa Bread	Treacle Scones <sup>5</sup>		Scalloped Gurnet
Coffee Buns	Fruit Tartlets		Steak and Kidney Pie
Seed Cake			Mashed Potatoes
Chocolate Biscuits			Buttered Spinach
Peaches and Cream			Compôte of Oranges

NOTE: Add any Cheese Rarebit to Friday's Dinner and start Saturday's with a Tomato Juice Cocktail<sup>6</sup>, if liked. <sup>1</sup>*Rice Custard*.—Stir 2 cups milk, 1½ cups boiled rice, ½ teaspoon salt, ½ cup castor sugar and ½ teaspoon vanilla essence into 2 beaten eggs. Bake in a buttered pie-dish at 350 degrees Fahr. for about 20 minutes. Place dish in a tin containing a little hot water before baking. Serve with canned Greengages. <sup>2</sup> p. 79; <sup>3</sup> p. 26; <sup>4</sup> p. 88; <sup>5</sup> p. 153; <sup>6</sup> p. 22.

## NOVEMBER: THIRD WEEK

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Creamed Tongue <sup>1</sup>
Spinach Omelet	Boiled Rice Green Peas
Oatcakes Toast	Chocolate Blancmange
Tangerine Marmalade	Bananas and Cream
Tea or Coffee	Oatcakes Celery
<i>High Tea</i>	Roquefort Cheese
<i>Curried Prawns</i>	<i>Dinner</i>
Brown Bread and Cress	Hors d'Œuvres
Hot Buttered Toast	Oysters au Gratin
London Buns Eccles Cakes	Roast Ribs of Beef
Flapjacks <sup>2</sup> Coconut Kisses	Horseradish Sauce
Oxford Plum Cake	Roast Potatoes Buttered Sprouts
Dessert	Fruit Trifle

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Cold Hamburg Loaf
Grilled Kippers	Cole Slaw <sup>3</sup>
Toast Rolls	Stuffed Baked Potatoes <sup>4</sup>
Orange Marmalade	Pineapple (L) and Cream
Tea or Coffee	Biscuits Spring Onions
<i>High Tea</i>	Stilton Cheese
Egg and Green Pea Scramble (L)	<i>Dinner</i>
White Bread	Oxtail Soup
Date and Nut Bread	Braised Mutton Chops
Toasted Crumpets	Riced Potatoes
Bath Buns Brownies <sup>5</sup>	Creamed Artichokes
Oxford Plum Cake (L)	Lime Curd Tartlets
Bananas and Ginger	Tunny Fish Canapés

NOTE: Add Dessert to Sunday's Dinner and also to Monday's, if liked. <sup>1</sup>*Creamed Tongue*.—Melt 1½ oz. butter in a saucepan. Add 3 tablespoons flour and ½ pint milk. Boil 5 minutes, stirring constantly. Add 2 teaspoons minced onion. Season. Boil 2 minutes. Add 1½ teaspoons minced pimento, 8 oz. minced tongue and 1½ teaspoons minced parsley. Serve ringed with peas and then rice. <sup>2</sup> p. 129; <sup>3</sup> p. 56; <sup>4</sup> p. 19; <sup>5</sup> p. 166.

## NOVEMBER: THIRD WEEK

### TUESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Green Grapes			Shepherd's Pie
Grilled Kidneys and Tomatoes			Baked Vanilla Custard
Rolls	Oatcakes		Canned Figs
Gooseberry Jelly		Toast	Tomatoes
Tea or Coffee			Cheddar Cheese
			<i>Dinner</i>
	<i>High Tea</i>		Cream of Asparagus
	Hamburg Loaf		Braised Brill
Chelsea Buns	Malt Bread		Roast Partridges
Brownies <sup>3</sup>	Shortbread	Bread	Sauce Fried Crumbs
Orange Gingerbread			Potato Straws
Date Kisses			Carrots and Peas
Mandarins			Meringues

### WEDNESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Apricots			Dressed Crab
Egg and Pimento Scramble <sup>3</sup>			Lettuce Salad
Toast	Brown Rolls		Cherry Tart and Custard
Lemon Marmalade		Biscuits	Spring Onions
Tea or Coffee			Camembert Cheese
	<i>High Tea</i>		<i>Dinner</i>
	Pork Pie		Fruit Cocktail
Cress Sandwiches			Trout à la Meunière
Malt Bread (L)	Sultana Scones		Casscrole of Liver
Strawberry Buns <sup>1</sup>		Mashed Potatoes	String Beans
Walnut Wafers			Cream Caramel
Coffee Eclairs			Gruyère Titbits <sup>4</sup>
Golden Plums			

NOTE: <sup>1</sup>Strawberry Buns.—Rub 3 oz. butter, 6 oz. flour, 2 oz. ground rice and a pinch salt. Add 2 oz. castor sugar and 1 teaspoon baking powder. Mix to a stiff paste with a beaten egg and  $\frac{1}{2}$  gill milk. Cut into 8 equal-sized pieces. Shape each into a ball. Flatten. Hollow out centres. Fill with strawberry jam. Close openings. Place with hollow below in a buttered baking-sheet. Brush with water. Dredge castor sugar, and bake in a quick oven. <sup>3</sup> p. 53; <sup>3</sup> p. 166; <sup>4</sup> p. 8.

## NOVEMBER: THIRD WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Savoury Roly Poly <sup>1</sup>
Salmon Kedgeree	Stewed Cabbage <sup>2</sup>
Oatcakes	Cornflour Blancmange
Toast	Stewed Fruit
Red Currant Jelly	Oatcakes
Tea or Coffee	Celery
	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Fried Fish and Chips	Mulligatawny Soup
Fruit Bread	Baked Stuffed Seabream
Oatmeal Scones	Boiled Silverside
Devonshire Splits	Carrots, Turnips, Onions
Jam Puffs	Mashed Potatoes
Seed Cake	Chocolate Soufflé
Ginger Nuts	
Pineapple	

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Stewed Veal and Risotto <sup>3</sup>
Bacon Omelet	Buttered Kale
Toast	Apple Pancakes <sup>4</sup>
Brown Rolls	Biscuits
Ginger Marmalade	Leicester Cheese
Tea or Coffee	
<i>High Tea</i>	<i>Dinner</i>
Meat Salad (L)	Tomato and Bean Purée
Brown Bread	Fried Croûtons
Fruit Bread (L)	Fried Slips
Currant Buns	Sauce Tartare
Muffins	Roast Stuffed Loin of Lamb
Lemon Layer Cake	Roast Potatoes
Marzipan Biscuits	Creamed Beetroot <sup>5</sup>
Spanish Melon	Loganberry Fool

NOTE: Add Dessert to Thursday's Dinner and Angels-on-Horseback to Friday's, if liked. Make Loganberry Fool with canned berries. <sup>1</sup>Savoury Roly Poly.—Roll 6 oz. suet crust out into an oblong. Season and moisten 3 oz. minced steak with gravy or stock. Spread on the pastry. Damp edges of pastry. Roll up. Tie in a floured pudding-cloth. Steam for 2 hours. Serve with thick brown gravy.  
<sup>2</sup> p. 28; <sup>3</sup> p. 98; <sup>4</sup> p. 55; <sup>5</sup> p. 145.

# NOVEMBER: FOURTH WEEK

## SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Grapefruit	Grilled Gammon	Corn Scramble <sup>1</sup>
Fried Sausages and Apple Slices	Apple Tart	
Rolls	Toast	Watercress
Honey		Gorgonzola Cheese
Tea or Coffee		
<i>High Tea</i>	<i>Dinner</i>	
Salmon Scallops	Hors d'Œuvres	
Toast	Sole Mornay <sup>3</sup>	
Drop Scones	Steak and Kidney Pudding	
Fruit Cake	Mashed Potatoes	Mashed Swedes
	Apricot Soufflé	Pancakes <sup>4</sup>
Fruit Salad		Dessert

## SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Peaches	Fried Rabbit	Cream Sauce <sup>2</sup>
Bacon, Fried Bread and Tomatoes	Creamed Potatoes	
Toast	Buttered Peas	
Grapefruit Marmalade	Honeycomb Mould <sup>5</sup>	
Tea or Coffee	Strawberry & Banana Compôte <sup>6</sup>	
<i>High Tea</i>	Biscuits	Celery
Finnan Croûtes <sup>8</sup>	Caraway Cheese <sup>7</sup>	
White Nut Bread (L)	<i>Dinner</i>	
Toasted Tea Cakes	Cream of Mushrooms	
Currant Buns	Roast Beef	Grated Horseradish
Brownies <sup>9</sup>	Yorkshire Pudding	
Fruit Cake (L)	Roast Potatoes	
Meringues	Buttered Sprouts	
Greengages and Cream	Fruit Trifle	
	Stuffed Tomatoes	

NOTE: <sup>1</sup>*Corn Scramble*.—Add salt and pepper to taste and 1 teaspoon flour to 1 can drained corn. Stir 2 tablespoons canned milk into 2 beaten eggs. Mix together. Melt 1 tablespoon butter in a saucepan. Scramble mixture. <sup>2</sup>*Cream Sauce*.—Dish rabbit. Stir cream into essence and bacon fat in pan. Season with pepper and paprika. <sup>3</sup>p. 56; <sup>4</sup>p. 106; <sup>5</sup>p. 12; <sup>6</sup>p. 25; <sup>7</sup>p. 21; <sup>8</sup>p. 9; <sup>9</sup>p. 166.

## NOVEMBER: FOURTH WEEK

### MONDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Stewed Figs			Rabbit Mould <sup>1</sup> (L)
Steamed Eggs	Anchovy Toasts		Vegetable Salad
Wheaten Rolls	Toast		Apple Fritters
Tangerine Marmalade		Toast	Spring Onions
Tea or Coffee			Gruyère Cheese
<i>High Tea</i>			<i>Dinner</i>
Tripe and Onions			Mock Turtle Soup
Mashed Potatoes			Cold Roast Beef
Bran Muffins	Milk Bread		Pickled Onions
Bath Buns	Eccles Cakes		Scalloped Celery
Strawberry Swiss Roll			Scalloped Potatoes
Dundee Cake <sup>2</sup>			Walnut Jelly
Green Grapes			Sardines on Toast

### TUESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Pineapple			Pickled Herring
Grilled Kippers			Celery and Potato Salad
Toast	Oatcakes		Baked Sago Pudding
Damson Cheese			Canned Figs
Tea or Coffee			Oatcakes Celery
<i>High Tea</i>			Wensleydale Cheese
Bacon Shortcake			<i>Dinner</i>
Lettuce Sandwiches			Melon Cocktail
Soda Bread	Oven Scones		Halibut au Gratin
Toasted Teacakes			Grilled Lamb Cutlets
Petits Fours	Dundee Cake <sup>2</sup> (L)	Creamed Spinach	Fried Potatoes
Devil's Food Cake <sup>4</sup>		Coffee Cream <sup>3</sup>	
Dessert		Cheese Fondue	

NOTE: <sup>1</sup>*Rabbit Mould*.—Mince 4 oz. cold rabbit, 1 oz. boiled ham, 1 oz. cooked tongue, 1 peeled onion, 1 peeled tomato. Melt 1 oz. butter. Stir in 1 oz. flour, then 1 gill stock. Boil till mixture shrinks from side of pan. Beat 1 egg. Stir gradually into sauce. Beat till smooth. Add meat mixture, and seasoning to taste. Bake in a covered buttered loaf-tin for about  $\frac{1}{2}$  hour. Turn out. Garnish with watercress. <sup>2</sup> p. 93; <sup>3</sup> p. 58; <sup>4</sup> p. 69.

## NOVEMBER: FOURTH WEEK

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Apricots		
Fried Bacon, Tomatoes, Bread	Shepherd's Pie (L)	
Lime Marmalade	Buttered Scotch Kale	
Brown Rolls	Creamed Rice	
Toast	Lemon Sauce <sup>2</sup>	
Tea or Coffee	Biscuits	Watercress
		Dutch Cheese
<i>High Tea</i>		
Sausage Rolls		
Cheese and Celery Sandwiches	<i>Dinner</i>	
Vienna Bread	Bakestones <sup>3</sup>	Cream of Tomato
Swiss Buns	Flapjacks <sup>4</sup>	Salmon Ramekins
Marshmallow Layer Cake		Scotch Colllops
Shortbread Biscuits	Mashed Potatoes	Green Peas
Fruit Salad		Chesham Tart <sup>5</sup>

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>	
Green Grapes		Irish Stew
Grilled Herring	Buttered Sprouts	
Toast	Apple Betty	
Oatcakes	Almond Custard Sauce	
Orange Marmalade	Oatcakes	Tomatoes
Tea or Coffee	Camembert Cheese	
<i>High Tea</i>		
Veal and Ham Pie	<i>Dinner</i>	
Watercress Sandwiches	Kidney Soup	
Brown Bread	Boiled Cod	Egg Sauce
Treacle Scones <sup>1</sup>	Roast Guinea Fowl	
Devonshire Splits	Fried Crumbs	Bread Sauce
Date Drops	Endive Salad	Potato Straws
Rock Cakes	Buttered Celery	
Ribbon Cake	Chocolate Mousse <sup>6</sup>	
Bananas and Cream		

NOTE: Add Mushrooms on Toast to Wednesday's Dinner and Dessert to Thursday's, if liked. <sup>1</sup>Treacle Scones.—Sift 3 cups flour,  $\frac{1}{4}$  cup castor sugar, 1 small teaspoon each baking soda and salt into a basin. Rub in 1 tablespoon butter. Stir in 1 teaspoon treacle and spice to taste. Mix to a dough with buttermilk or sour milk. Roll out. Cut into rounds. Bake on a girdle or in the oven. <sup>2</sup> p. 15; <sup>3</sup> p. 45; <sup>4</sup> p. 129; <sup>5</sup> p. 40; <sup>6</sup> p. 70.

## NOVEMBER: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Prunes	Fried Fish and Chips
Savoury Omelet	Lettuce and Endive Salad
Wheaten Rolls	Sponge Pudding
Passion Fruit Marmalade	Jam Sauce
Tea or Coffee	Toast Celery
	Gorgonzola Cheese
<i>High Tea</i>	<i>Dinner</i>
Buck Rarebit <sup>3</sup>	Tomato Juice Cocktail <sup>3</sup>
Malt Bread	Cream of Chestnut Soup
Chelsea Buns	Crawfish Tails Newburg <sup>1</sup>
Ribbon Cake (L)	Casserole of Veal
Chocolate Biscuits	Mashed Potatoes Cauliflower
Peaches and Cream	Pineapple Charlotte

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Tripe and Onions
Fried Sausage Cakes	Riced Potatoes
Toast	Steamed Fig Pudding
Heather Honey	Vanilla White Sauce
Tea or Coffee	Biscuits Watercress
	Cornish Cheese
<i>High Tea</i>	<i>Dinner</i>
Curried Eggs	Green Pea Purée
Malt Bread (L)	Sole à la Portugaise <sup>4</sup>
Crumpets	Baked Hamburg Loaf
Chocolate Layer Cake	Scalloped Tomatoes
Jam Tartlets	Creamed Potatoes
Oranges and Nuts	Topsy Squire <sup>5</sup>

NOTE: Add Rœs on Toast to Friday's Dinner and Dessert to Saturday's, if liked. <sup>1</sup>*Crawfish Tails Newburg*.—Remove meat from 3 tails. Cut in inches. Melt 1 tablespoon butter in a saucepan. Add seasonings,  $\frac{1}{2}$  teaspoon minced onion, 1 minced truffle. Simmer 5 minutes. Stir in sherry to taste. Cook 3 minutes. Stir in 1 egg yolk beaten with  $\frac{1}{2}$  cup cream, and fish. When thick, serve in border of boiled rice. <sup>2</sup> p. 143; <sup>3</sup> p. 22; <sup>4</sup> p. 163; <sup>5</sup> p. 39.

*December*





## DECEMBER: FIRST WEEK

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit		Cold Hamburg Loaf	
Fried Bacon	Corn Fritters <sup>3</sup>	Alabama Salad <sup>1</sup>	
Toast	Oatcakes	Cabbage au Gratin <sup>2</sup>	
Damson Cheese		Baked Chocolate Pudding <sup>4</sup>	
Tea or Coffee		Lemon Custard	
<i>High Tea</i>		Oatcakes	Spring Onions
Eggs on Spinach			Stilton Cheese
Toast	Teacakes	<i>Dinner</i>	
	Walnut Bread	Cream of Cauliflower <sup>5</sup>	
Banbury Puffs	Shortbread	Curried Cod's Roe	Boiled Rice
Parkin	Meringues	Roast Stuffed Loin of Pork	
	Tangerines	Apple Sauce	
		Roast Potatoes	Buttered Peas
		Strawberry Mousse <sup>6</sup>	

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Pears		Cold Pork	Hot Baked Beans
Finnan Kedgeree		Chicory Salad	
Rolls	Toast	Pancakes	
Gooseberry Jelly		Biscuits	Tomatoes
Tea or Coffee		Cheshire Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Salmon Soufflé <sup>7</sup>		Hors d'Œuvres	
Brown Bread	Oatmeal Scones	Grilled Herring	Mustard Sauce
Bath Buns	Walnut Bread	Boiled Chicken	Caper Sauce
Apricot Swiss Roll		Mashed Potatoes	
Cinnamon Biscuits		Buttered Sprouts	
Green Grapes		Fruit Tart	

NOTE: <sup>1</sup>*Salad*.—Mix 1 cup minced, scraped carrots with 1 cup sliced celery,  $\frac{1}{2}$  cup diced pimento,  $\frac{1}{2}$  cup chopped walnuts, and mayonnaise. Serve on lettuce leaves. <sup>2</sup>*Cabbage*.—Sprinkle layers of boiled cabbage in a buttered fireproof dish with grated cheese. Season salt and paprika. Cover each layer with white sauce. Sprinkle with  $\frac{1}{2}$  cup breadcrumbs mixed with 3 tablespoons melted butter. Bake till brown. <sup>3</sup> p. 76; <sup>4</sup> p. 2; <sup>5</sup> p. 138; <sup>6</sup> p. 111; <sup>7</sup> p. 1.

## DECEMBER: FIRST WEEK

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Orange Juice		Chicken Ramekins <sup>1</sup> (L)
	Bacon and Eggs		Lettuce and Tomato Salad
Toast	Wheaten Rolls		Blackcap Pudding
	Lemon Marmalade	Toast	Spring Onions
	Tea or Coffee		Wensleydale Cheese
<i>High Tea</i>		<i>Dinner</i>	
	Pork Terrapin <sup>2</sup> (L)		Hare Soup
	Tomato Sandwiches		Fried Sole      Sauce Tartare
Walnut Bread (L)	Bran Muffins		Mixed Grill
	German Pound Cake		Maître d'Hôtel Butter
	Cream Horns	Potato Chips	Buttered Leeks
	Fruit Salad		Cream Caramel
			Apricot Compôte

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Pineapple		Jugged Hare (L)
	Fried Salmon Cakes	Mashed Potatoes	Cauliflower
Oatcakes	Toast		Honeycomb Mould <sup>3</sup>
	Grapefruit Marmalade		Steamed Prunes
	Tea or Coffee	Biscuits	Tomatoes
<i>High Tea</i>		<i>Dinner</i>	
	Sardine Toasts		Cream of Corn
Cress and Tomato Sandwiches		Fried Scallops	Tomato Sauce
Cocoa Bread	Treacle Scones <sup>5</sup>		Roast Widgeon
	Jap Cakes <sup>6</sup>	Orange Salad <sup>8</sup>	Potato Straws
	Strawberry Buns <sup>7</sup>	Baked Butterscotch Pudding <sup>4</sup>	Cream
German Pound Cake (L)	Bananas		

NOTE: <sup>1</sup>Chicken Ramekins.—Melt 1½ tablespoons butter. Stir in 1½ tablespoons flour, ½ cup hot chicken stock and ½ cup hot milk. When boiling, add 2 cups diced chicken, ½ cup chopped, fried mushrooms. Season. Add 1 teaspoon minced parsley. Pile into buttered ramekins. Sprinkle with crumbs. Dab with butter. Bake standing in a tin of hot water till brown. <sup>2</sup>p. 5; <sup>3</sup>p. 12; <sup>4</sup>p. 20; <sup>5</sup>p. 153; <sup>6</sup>p. 130; <sup>7</sup>p. 149; <sup>8</sup>p. 88.

## DECEMBER: FIRST WEEK

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Sliced Peaches	Russian Fish Pie <sup>4</sup>
Tomato Sausages	Cucumber Salad
Toast Brown Rolls	Cottage Pudding
Orange Marmalade	Strawberry Syrup
Tea or Coffee	Oatcakes Celery
	Roquefort Cheese

### High Tea

<i>Cold Ham</i>	<i>Dinner</i>
Endive and Onion Salad	Passion Fruit Cocktail <sup>1</sup>
Cocoa Bread (L) Melba Toast	Scallops of Brill
Flannel Cakes Currant Buns	Stewed Beef Olives
Pineapple Layer Cake	Mashed Potatoes
Chocolate Biscuits	Buttered Savoy
Spanish Melon	Lime Curd Tartlets

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Green Grapes	Lancashire Hot Pot
Grilled Kippers	Baked Apples
Oatcakes Toast	Vanilla Custard Sauce
Ginger Marmalade	Biscuits Spring Onions
Tea or Coffee	Caraway Cheese <sup>4</sup>

### High Tea

<i>Melton Mowbray Pie</i>	<i>Dinner</i>
Asparagus Salad	Scotch Broth
White Nut Bread	Sole au Gratin
Soda Scones	Grilled Pork Chops
Swiss Buns Flapjacks <sup>4</sup>	Chestnut Purée
Cherry Cake Coffee Eclairs	Potato Croquettes
Apples and Nuts	Apple and Onion Sauce
	Blackcurrant Cream <sup>5</sup>

NOTE: Add Kippers au Gratin<sup>6</sup> to Thursday's Dinner if liked, and Cheese and Onion Canapés to Friday's. If preferred, substitute Stilton Cheese for Caraway, or mix Cream Cheese to taste with minced onion, walnut, and parsley. Season highly. <sup>1</sup>*Passion Fruit Cocktail*: Fill cocktail glasses to an inch of the brim with passion fruit juice, fresh or bottled. Chill. Serve with salted almonds. <sup>4</sup>p. 79; <sup>5</sup>p. 21; <sup>6</sup>p. 129; <sup>7</sup>p. 91; <sup>8</sup>p. 11.

## DECEMBER: SECOND WEEK

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs	Spaghetti Ragout
Bacon, Fried Bread, Tomatoes	Endive Salad
Toast	Baked Custard
Red Currant Jelly	Golden Plums
Tea or Coffee	Toast
	Cheddar Cheese
<i>High Tea</i>	<i>Dinner</i>
Grilled Sausages	Lentil Purée
Cress Sandwiches	Fried Croûton
Bran Muffins	Braised Steak
Lemon Buns	Mashed Potatoes
Mocha Layer Cake	Buttered Green Peas
Welsh Cheese Cakes	Pineapple Flan
Cherry Cake (L)	Scotch Angels-on-Horseback <sup>2</sup>
Apricots and Cream	

### SUNDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Casserole of Tripe <sup>3</sup>
Egg and Sausage Scramble	Mashed Potatoes
Oatcakes	Pancakes
Toast	
Lemon Cheese	Biscuits
Tea or Coffee	Chicory Salad
	Leicester Cheese
<i>High Tea</i>	<i>Dinner</i>
Oyster Rarebit <sup>1</sup>	Hors d'Œuvres
Tomato Sandwiches	Cream of Artichoke Soup
Malt Bread	Roast Stuffed Leg of Lamb
Currant Buns	Mint Jelly
Brandy Snaps	Braised Celery
Brownies <sup>4</sup>	Roast Potatoes
Orange Sponge Sandwich	Fruit Trifle
Bananas and Mandarins	

NOTE: <sup>1</sup> *Oyster Rarebit*: Remove and discard tough muscles from a can of oysters. Strain the liquor. Melt 2 tablespoons butter in a saucepan. Stir in 6 to 8 ozs. grated cheese of a mild flavour. Season with salt and cayenne pepper. Gradually stir in oyster liquor and 2 beaten eggs as cheese melts. When smooth, add oysters. Serve on hot toast. <sup>2</sup> p. 24; <sup>3</sup> p. 17; <sup>4</sup> p. 166.

## DECEMBER: SECOND WEEK

### MONDAY

#### *Breakfast*

Stewed Prunes  
Grilled Kidneys and Bacon  
Toast      Wheaten Rolls  
Tangerine Marmalade  
Tea or Coffee

#### *Lunch or Supper*

Cold Lamb      Apricot Chutney  
Scalloped Potatoes      Cole Slaw<sup>3</sup>  
Queen of Puddings  
Oatcakes      Celery  
Camembert Cheese

#### *High Tea*

Hot Mutton Pies  
Lettuce Sandwiches  
Oven Scones      Malt Bread  
Bath Buns      Jap Cakes<sup>4</sup>  
Devil's Food Cake<sup>5</sup>  
Green Grapes

#### *Dinner*

Minestrone  
Crab Croquettes  
Grilled Gammon  
Fried Pineapple      Corn Pudding<sup>3</sup>  
Butterscotch Pie  
Dessert

### TUESDAY

#### *Breakfast*

Orange Juice  
Boiled Eggs  
Oatcakes      Toast  
Gooseberry Jelly  
Tea or Coffee

#### *Lunch or Supper*

Liver and Bacon  
Riced Potatoes      Braised Celery  
Mince Pies  
Biscuits      Tomatoes  
Stilton Cheese

#### *High Tea*

Grilled Herrings  
Mustard and Cress Sandwiches  
Malt Bread (L)      Krapfen<sup>1</sup>  
Sultana Scones      Coffee Buns  
Orange Gingerbread  
Coconut Biscuits  
Pineapple

#### *Dinner*

Grapefruit  
Braised Halibut  
Roast Pheasant  
Bread Sauce      Fried Crumbs  
Potato Straws  
Stewed Cabbage<sup>6</sup>  
Charlotte Russe

NOTE: <sup>1</sup> *Krapfen*: Place 1 pint bread dough, when ready to mould, in a large bowl. Add  $\frac{1}{2}$  teaspoon ground cinnamon, 2 ozs. butter, 1 cup castor sugar,  $\frac{1}{2}$  nutmeg, grated, 2 eggs. Beat with hand till free from "strings." Add  $\frac{1}{2}$  cup floured, shredded citron peel. Pour into a greased loaf tin. Cover. Stand in warm place till double its size. Bake about  $\frac{1}{2}$  hour. <sup>2</sup> p. 36; <sup>3</sup> p. 41; <sup>4</sup> p. 130; <sup>5</sup> p. 69; <sup>6</sup> p. 28.

## DECEMBER: SECOND WEEK

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Black Grapes		Stewed Rabbit and Onions
Finnan Kedgeree		Mashed Potatoes
Toast	Rolls	Baked Fruit Roll
Damson Cheese		Vanilla Custard Sauce
Tea or Coffee		Toast
		Gorgonzola Cheese
<i>High Tea</i>		<i>Dinner</i>
Pressed Beef	Pickled Beetroot	Oxtail Soup
Brown Bread	Krapfen (L)	Fried Sole Tartare Sauce
Chelsea Buns	Queen Gems	Rabbit Pie
Hawaiian Layer Cake		Mashed Potatoes
Custard Slices		Buttered Spinach
Apples and Oranges		Fruit Salad
		Cheese Soufflé

### THURSDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Pineapple Juice		Savoury Roly Poly <sup>1</sup>
Spinach Omelet (L)		Buttered Scotch Kale
Oatcakes	Toast	Honeycomb Mould <sup>2</sup>
Grapefruit Marmalade		Stewed Dried Apricots
Tea or Coffee		Biscuits Celery
		Cheshire Cheese
<i>High Tea</i>		<i>Dinner</i>
Liver Pâté	Chicory Salad	Cream of Green Peas
Brown Bread	Dough Cake	Baked York Ham
Treacle Scones <sup>4</sup>	Date Muffins	Roast Potatoes
Praline Kisses <sup>1</sup>		Buttered Carrots and Peas
Cream Puffs		Cream Caramel
Dates and Tangerines		Mushrooms on Toast

NOTE: If preferred, substitute Pâté de Foie Gras for Liver Pâté. <sup>1</sup> *Praline Kisses*.  
 — Beat 1 egg white till stiff. Stir in  $\frac{1}{2}$  teaspoon salt, 1 cup Barbadoes sugar, 1 cup chopped pecans. Drop from a spoon in small heaps,  $\frac{1}{2}$  inch apart, on a greased tin. Bake slowly from  $\frac{1}{2}$  to 1 hour. Cool slightly before removing to cake rack.  
<sup>2</sup> p. 150; <sup>3</sup> p. 12; <sup>4</sup> p. 153.

## DECEMBER: SECOND WEEK

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Apricots (L)	Cold Ham
Fried Haddock Roes and Bacon	Mango Chutney
Toast	Stuffed Baked Potatoes <sup>2</sup>
Oatcakes	Beetroot and Apple Salad
Quince Jelly	Rolls
Tea or Coffee	Watercress
	Cheddar Cheese
<i>High Tea</i>	<i>Dinner</i>
Sausages and Mash	Potato Soup
Banana Sandwiches	Fried Hake Steaks
Cocoa Bread	Anchovy Sauce
Dough Cake (L)	Braised Mutton Chops
Ginger Drops	Mashed Potatoes
Doughnuts	Swedes
Raspberry Cream Sandwich	Mince Tart
Fruit Salad	

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Melon	Tomato Juice Cocktail <sup>3</sup>
Scrambled Eggs	Irish Stew
Brown Rolls	Marmalade Pudding
Toast	Custard Sauce
Lemon Marmalade	Biscuits
Tea or Coffee	Celery
	Cream Cheese
<i>High Tea</i>	<i>Dinner</i>
Tongue and Cress Rolls	Hors d'Œuvres
Shrimp Sandwiches	Turbot Florentine <sup>1</sup>
Soda Bread	Roast Stuffed Loin of Mutton
Barm Brack	Stewed Cabbage <sup>4</sup>
Royal Drops	Roast Potatoes
Swiss Buns	Strawberries-in-Jelly
Tutti Frutti Macaroons	Stuffed Dates
Ginger Cake	
Figs and Nuts	

NOTE: <sup>1</sup> *Turbot Florentine*.—1 lb. fillets of turbot; 6 tablespoons hot buttered spinach, 1½ tablespoons grated Parmesan, 1 cup cheese sauce, 1 glass water. Bake seasoned fillets in a covered fireproof dish with water for about 20 minutes. Drain. Place in buttered fireproof dish lined with spinach. Add sauce, then Parmesan. Grill till golden. Plaice, Sole, Brill, or any flat fish, can be cooked by same method. <sup>2</sup> p. 19; <sup>3</sup> p. 22; <sup>4</sup> p. 28.

## DECEMBER: THIRD WEEK

### SUNDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Stewed Figs		Curried Mutton <sup>3</sup>	Boiled Rice
Fried Sausages	Apple Slices	Chicory Salad	
Toast	Rolls	Gooseberry Tart and Cream	
Ginger Marmalade		Oatcakes	
Tea or Coffee		Leicester Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Cauliflower Cheese <sup>4</sup>		Clear Soup Espagnol	
Ham and Celery Sandwiches		Roast Venison	
Malt Bread	Crumpets	Red Currant Jelly	
Flapjacks <sup>4</sup>	Jam Tartlets	Roast Potatoes Buttered Leeks	
Lime Curd Sandwich		Pineapple Soufflé	
Queen Drops		Creole Rarebit	
Dessert		Dessert	

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Tangerine Juice		Mutton Salad (L)	
Grilled Kippers		Baked Semolina Pudding	
Oatcakes	Toast	Steamed Prunes	
Lime Marmalade		Biscuits Celery	
Tea or Coffee		Stilton Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Scallops of Salmon		Cream of Mushroom	
Tomato Sandwiches		Cod Steaks au Gratin	
Malt Bread (L)		Venison Miroton <sup>1</sup> (L)	
Drop Scones		Creamed Potatoes	
Madeleines	Brownies <sup>5</sup>	Buttered Green Peas	
German Pound Cake		Steamed Cottage Pudding	
Rice Biscuits		Vanilla Sauce	
Sliced Peaches			

NOTE: Add Scotch Angels<sup>6</sup> to Monday's dinner, if liked. <sup>1</sup> *Venison Miroton*. — Slice 1 to  $1\frac{1}{2}$  lbs. cold venison thinly. Mince 2 rashers bacon and fry with  $\frac{1}{2}$  lb. chopped onions in 2 tablespoons melted butter. Season. Add  $1\frac{1}{2}$  teaspoons minced parsley. Place half the venison in a shallow buttered fireproof dish. Cover with half the onion. Repeat. Add  $\frac{1}{2}$  cup gravy and 1 tablespoon vinegar. Cover. Bake for  $\frac{1}{2}$  hour. <sup>2</sup> p. 92; <sup>3</sup> p. 53; <sup>4</sup> p. 129; <sup>5</sup> p. 166; <sup>6</sup> p. 24.

## DECEMBER: THIRD WEEK

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Sliced Peaches		Ham Rarebit (L)	
Bacon Omelet		Celery and Lettuce Salad	
Toast	Milk Rolls	Apple Dumplings	Custard
Honey		Toast	Tomatoes
Tea or Coffee		Dutch Cheese	

### *High Tea*

<i>Cornish Pasties</i>		<i>Dinner</i>	
Brown Cress	Sandwiches	Smoked Salmon	
Sultana Scones	Welsh Pikelets	Grilled Steak and Onions	
Queen Drops	Ginger Nuts	Fried Potatoes	Béarnaise Sauce
Chocolate Cream Roll		Scalloped Tomatoes	
Golden Plums		Blackberry Fool	
		Scotch Woodcock	

### WEDNESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Lemon and Orange Juice		Rabbit Pie	
Chipolatas	Corn Fritters <sup>2</sup>	Mashed Potatoes	
Oatcakes	Toast	Buttered Savoy	
Passion Fruit Marmalade		Tangerine Milk Jelly	
Tea or Coffee		Figs Stewed with Orange Juice	
		Biscuits	Celery
		Caraway Cheese <sup>3</sup>	
<i>High Tea</i>		<i>Dinner</i>	
Welsh Rarebit		Scotch Broth	
Celery Sandwiches		Sole à la Portugaise <sup>1</sup>	
Treacle Scones <sup>4</sup>	Bran Muffins	Roast Wild Duck	
Chocolate Gems		Wine Gravy	
Walnut Gingerbread		Orange and Lettuce Salad	
Meringues		Potato Straws	Braised Celery
Pineapple		Chestnut Charlotte	

NOTE: <sup>1</sup> *Sole à la Portugaise*.—Slit down middle of one side of a large sole. Raise flesh to form pocket on either side of slit. Fill with  $\frac{1}{2}$  oz. butter mixed with  $\frac{1}{2}$  teaspoon each of anchovy essence and chopped parsley, 1 teaspoon minced shallot, cayenne to taste. Place in a shallow buttered fireproof dish. Lay alternate slices from a large tomatoes and 1 large onion down centre. Dab with 1 oz. butter. Sprinkle with  $\frac{1}{2}$  teaspoons each grated cheese and crumbs. Cover. Bake 10 minutes. <sup>2</sup> p. 78; <sup>3</sup> p. 21; <sup>4</sup> p. 153.

## DECEMBER: THIRD WEEK

### THURSDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Stewed Prunes			Grilled Herrings and Chips
Salmon Kedgeree (L)			Mustard Sauce
Toast	Brown Rolls		Lemon Cream Pie
Damson Cheese		Oatcakes	Radishes
Tea or Coffee			Cheshire Cheese
<i>High Tea</i>			<i>Dinner</i>
Potted Shrimps			Rabbit Broth (L)
Brown Bread	Cress Rolls		Lobster Newburg <sup>3</sup>
Girdle Scones	Crumpets	Steak and Kidney Pudding	
Walnut Gingerbread (L)		Stewed Mushrooms	
Maids of Honour		Creamed Potatoes	
Jap Cakes <sup>4</sup>		Compôte of Cranberries <sup>1</sup>	
Green Grapes		Cream	

### FRIDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Pineapple			Salmon Loaf <sup>5</sup>
Poached Eggs	Tomato Toasts	Green Peas	Riced Potatoes
Oatcakes	Toast	Honeycomb Mould <sup>6</sup>	
Grapefruit Marmalade		Steamed Dried Apricots	
Tea or Coffee		Biscuits	Celery
<i>High Tea</i>		Gorgonzola Cheese	
Devilled Eggs		<i>Dinner</i>	
Tunny Fish Sandwiches		Mulligatawny Soup	
Toast	Orange Bread	Plaice au Gratin	
Bath Buns	Coburg Cakes	Grilled Venison Steaks	
Pineapple Layer Cake		Mushroom Relish <sup>2</sup>	
Shortbread Biscuits		Potato Chips	Creamed Artichokes
Cream Slices		Cream Caramel	
Tangerines and Dates		Dessert	

NOTE: <sup>1</sup> *Compôte*.—Pick, wash, and drain 1 quart cranberries. Stew 5 minutes in covered pan with cold water to cover. Add 1 pint canned strawberries, 1 cup sugar. Stew 5 minutes. Chill. <sup>2</sup> *Relish*.—Fry  $\frac{1}{2}$  lb. chopped mushrooms in 2 tablespoons butter 2 minutes. Add  $\frac{1}{2}$  cup chopped pimento, seasoning and  $1\frac{1}{2}$  teaspoons chopped onion. When tender add  $1\frac{1}{2}$  teaspoons minced parsley. <sup>3</sup> p. 34; <sup>4</sup> p. 130; <sup>5</sup> p. 107; <sup>6</sup> p. 12.

## DECEMBER: FOURTH WEEK

### SATURDAY

	<i>Breakfast</i>	<i>Lunch or Supper</i>
	Green Grapes	Hake Pie
	Fried Bloaters	Apricot Betty
Toast	Wheaten Rolls	Almond Custard Sauce
	Red Currant Jelly	Rolls Lettuce Salad
	Tea or Coffee	Stilton Cheese

### High Tea

	Grilled Kidneys	<i>Dinner</i>
	Tomato Sandwiches	Hors d'Œuvres
	Orange Bread (L)	Scalloped Oysters
Chelsea Buns	Griddle Cakes	Baked Hamburg Loaf
Sultana Cake	Chocolate Eclairs	Sauté Potatoes
	Apples and Nuts	Buttered Artichokes
		Cherries and Cream

### SUNDAY

#### Breakfast

Bananas and Tangerines	
Grilled Tomato Sausages	
Oatcakes	Toast
Heather Honey	
Tea or Coffee	

#### Lunch or Supper

Onion Soup	
Pork Pie	Pickles
Mixed Vegetable Salad	
Baked Chocolate Pudding*	
Custard Sauce	

#### High Tea

Sliced Hamburg Loaf	<i>Dinner</i>
Celery Salad	Pâté de Foie Gras
Toast	Celery Melba Toast
Waffles	Roast Pheasant
Currant Buns	Bread Sauce Fried Crumbs
Mince Pies	Potato Crisps Stewed Cabbage
Sultana Cake (L)	Almond Trifle
Chocolate Hedgehog <sup>1</sup>	Rœs on Toast
Figs and Grapes	

NOTE: If you don't wish to serve Mince Pies till Christmas, substitute Bilberry Tartlets, pastry cases filled with drained canned bilberries. Top each with whipped cream. Garnish with chopped marrons glacés. <sup>1</sup> Chocolate Hedgehog.—Cut an oblong sponge cake in 6 slices lengthwise. Sandwich together with chocolate butter icing. Ice top and sides with chocolate water icing. Spike thickly with strips of split blanched fried almonds. <sup>2</sup> p. 2.

## DECEMBER: FOURTH WEEK

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Corned Beef Hash
Fried Kippers	Tomato and Onion Salad
Toast	Creamed Rice
Ginger Marmalade	Pineapple Slices
Tea or Coffee	Biscuits Radishes
	Dutch Cheese
<i>High Tea</i>	<i>Dinner</i>
Mock Crab	Tomato Soup
Malt Bread	Roast Mutton Onion Sauce
Bath Buns	Mashed Potatoes
Sponge Sandwich	Braised Celery
Orange Cheese Cakes	Charlotte Russe
Apricots	Angels-on-Horseback

### CHRISTMAS DAY EVE

<i>Breakfast</i>	<i>Lunch or Supper</i>
Steamed Figs	Cold Mutton Piccalilli
Fried Bread, Bacon, Tomatoes	Scalloped Potatoes
Oatcakes	Pickled Beetroot
Passion Fruit Marmalade	Caramel Apple Pudd'
Tea or Coffee	Custard Sauce
	Toast Lettuce
	Caraway Cheese <sup>3</sup>

Mutton Croquettes (L)	<i>Lunch</i>
Mushroom Sandwiches	<i>Supper</i>
Malt Bread	Jap Cakes <sup>4</sup>
Scotch Currant Bun	Dressed Crab
Walnut Biscuits	Roast Sirloin Scotch Beef
Tangerine Tartlets	Yorkshire Pudding
Dates, Figs and Apples	Roast Potatoes
	Buttered Sprouts
	Cranberry Fool

NOTE: Add Dessert to Monday's Dinner and Biscuits, Celery and Stilton Cheese to Tuesday's, if liked. <sup>1</sup> *Brownies*.—Beat 1 cup castor sugar and  $\frac{1}{2}$  cup butter to a cream. Stir in 2 eggs, not beaten, 2 squares chocolate, melted,  $\frac{1}{2}$  cup flour, 1 cup chopped walnuts and  $\frac{1}{2}$  teaspoon vanilla essence. Bake for 20 minutes in a shallow greased baking tin in a fairly hot oven. Cut into squares when nearly cold. <sup>2</sup> p. 48; <sup>3</sup> p. 21; <sup>4</sup> p. 130.

## DECEMBER: FOURTH WEEK

### CHRISTMAS DAY

#### *Breakfast*

Orange Juice  
Cold Leg of Ham  
Boiled Eggs  
Toast Rusks  
Heather Honey  
Tea or Coffee

#### *High Tea*

Veal and Ham Pie  
Mixed Vegetable Salad  
Liver and Endive Sandwiches  
Hot Buttered Toast  
Christmas Cake  
Pitcaithly Bannock  
Grapes and Tangerines  
Glacé Fruits

#### *Lunch or Supper*

Cold Beef Date Chutney  
Pickled Red Cabbage  
Cauliflower Salad  
Mince Pies  
Water Biscuits Curled Celery  
Stilton Cheese

#### *Dinner*

Oysters  
Clear Soup Espagnol  
Roast Stuffed Turkey  
Cranberry Jelly  
Bread Sauce Cream Gravy  
Roast Potatoes  
Carrots and Green Peas  
Plum Pudding Rum Butter  
Dessert

### BOXING DAY

#### *Breakfast*

Apples and Grapes  
Egg and Bacon Scramble  
Oatcakes Toast  
Tangerine Marmalade  
Tea or Coffee

#### *High Tea*

Kipper Toasts  
Ham and Celery Sandwiches  
Toasted Bath Buns  
Dough Cake Mince Pies  
Christmas Cake (L)  
Shortbread  
Compôte of Fruit

#### *Lunch or Supper*

Chicken Bouillon  
Boar's Head Cold Beef  
Beetroot and Onion Salad  
Cauliflower Cheese<sup>1</sup>  
Fried Plum Pudding (L)  
Brandy Custard  
Tangerines Dates Figs

#### *Dinner*

Cream of Asparagus  
Lobster au Gratin  
Cold Turkey and Ham  
Potatoes in their Jackets  
Lettuce Salad  
Trifle  
Carlsbad Plums Elvas Plums  
Grapes and Nuts

NOTE: Add Pâté de Foie Gras to Christmas Dinner after soup. <sup>1</sup> p. 53.

## DECEMBER: FOURTH WEEK

### FRIDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Mandarins		Turkey Salad (L)	
Grilled Sausages	Fried Apples	Steamed Sponge Pudding	
Waffles and Maple Syrup		Cider Syrup <sup>1</sup>	
Tea or Coffee		Toast	Spring Onions Cheese

### High Tea

Turkey and Ham Croquettes (L)		Hors d'Œuvres
Celery Sandwiches	Grilled Sole	Sauce
Dough Cake (L)	Jugged Hare	
Brownies <sup>2</sup>	Red Currant Jelly	
Christmas Layer Cake	Riced Potatoes	
Scotch Currant Bun	Buttered Sprouts	
Black and Green Grapes	Mandarin Trifle (L)	

### SATURDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
Grapefruit Juice		Fruit Cocktail (L)	
Finnan Kedgeree		Fish Pie	
Toast	Oatcakes	Apple Fritters	
Lemon Marmalade		Biscuits	Celery
Tea or Coffee		Cheddar Cheese	
<i>High Tea</i>		<i>Dinner</i>	
Hot Meat Pies		Turkey Broth (L)	
Celery and Cheese Rolls		Turbot Florentine <sup>3</sup>	
Brown Bread	Currant Buns	Stewed Veal Olives	
Christmas Cake (L)		Mashed Potatoes	
Pitcaithley Bannock (L)		Buttered Broad Beans	
Chocolate Biscuits		Cranberry Flan	
Bananas			

NOTE: Add Dessert to Friday's Dinner and Cheese Soufflé to Saturday's, if liked. Make Fruit Cocktail with grapefruit and any Christmas fruit that should be used up. Use bridge rolls for Celery and Cheese Rolls. Serve either canned broad beans or freshly boiled string beans with the olives. Decorate Cranberry Flan with whipped cream to taste. <sup>1</sup> Cider Syrup.—Dissolve 2 cups castor sugar in 1 cup cider. <sup>2</sup> p. 166; <sup>3</sup> p. 161.

## *Special Menus*





## MEATLESS MENUS

**W**HEN planning any meatless menus, choose dishes containing ingredients equal in food value to dishes of meat, or to dishes in which meat is the principal ingredient, otherwise your meals will be badly balanced. When planning meatless menus for a day, make lunch or supper menus distinct from dinner ones, and vary them not only according to the season, but according to the contents of your store cupboard.

To plan meatless menus successfully, make certain cereals, cheese, eggs, milk, nuts and vegetables take the place of meat, and let vegetable stock, or the water in which vegetables have been cooked, take the place of meat stock.

To make *Vegetable Stock*, allow 1 lb. vegetables to 2 pints of water. Clean, peel and slice vegetables. Place in a saucepan with the cold water. Bring to boil. Cover and simmer for 3 hours. Strain before using.

When drawing up a meatless diet, remember also to include a liberal amount of fruit and green vegetables in your menus, as they not only build and maintain blood and bone, but regulate the body and provide it with roughage.

### SUNDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Scalloped Macaroni	Cream of Green Peas
Fruit Jelly and Cream	Fried Croûtons
Biscuits	Spanish Omelet
Watercress	Lettuce Salad
Cream Cheese	Pineapple Trifle

**NOTE:** When watercress is not in season, substitute spring onions, celery, or radishes. If liked, set sliced banana, strained, diced peach or pear, or seeded grapes to taste in jelly. In cold weather, serve Apple Betty and cream in place of fruit jelly, and substitute steamed Marmalade Pudding for Trifle. When lettuce is unobtainable, serve crisped celery sticks instead.

## MEATLESS MENUS

### MONDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Welsh Rarebit	Grapefruit
Tomato and Onion Salad	Eggs Florentine <sup>1</sup>
Baked Apples and Custard	Butterscotch Pie
Cake and Coffee	Mushrooms on Toast
	Nuts

### TUESDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Curried Eggs	Vegetable Broth
Boiled Rice	Walnut Cutlets <sup>2</sup>
Pineapple and Cream	Tomato Sauce
Oatcakes      Cheese	Buttered Green Peas
Lettuce Salad	Fruit Roll and Cream
	Cheese Biscuits <sup>3</sup>

### WEDNESDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Cauliflower Cheese <sup>4</sup>	Fruit Cocktail
Stewed Plums and Custard Sauce	Italian Spaghetti
Water Biscuits	Celery Salad
Celery      Cheese	Lemon Sponge <sup>5</sup>
	Sliced Peaches and Cream
	Stuffed Tomatoes

NOTE: <sup>1</sup> *Eggs Florentine*.—Drop poached or steamed eggs on to a bed of spinach. Cover with cheese sauce. Brown under grill. <sup>2</sup> *Walnut Cutlets*.—Mix  $\frac{1}{2}$  lb. milled nuts with 2 oz. breadcrumbs, 1 tablespoon minced onion, seasonings to taste and 1 beaten egg. Egg, crumb and deep-dry. <sup>3</sup> *Cheese Biscuits*.—Spread unsweetened biscuits with cream cheese mixed with chopped onion, walnuts, parsley, pimento and Worcester sauce to taste. <sup>4</sup> p. 53; <sup>5</sup> p. 175.

## MEATLESS MENUS

### THURSDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Californian Pancakes	Cream of Celery
Tomato Sauce	Vegetable Shortcake
Buttered French Beans	Green Salad
Creamed Rice	Caramel Custard
Stewed Dried Apricots	Mandarin Fingers
Toast, Radishes and Cheese	Hot Cheese Straws

### FRIDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Hors d'Œuvres <sup>1</sup>	Melon      Ginger Marmalade
Welsh Cheese Pasties <sup>2</sup>	Mock Fillets of Sole <sup>3</sup>
Watercress	Caper Sauce      Fried Mushrooms
Chocolate Blancmange	Sauté Potatoes
Banana Custard <sup>4</sup>	Fruit Fool
Cake and Coffee	Stuffed Dates

### SATURDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Mushroom Omelet	Cream of Asparagus
Fruit Salad and Cream	Curried Vegetables
Biscuits      Watercress	Baked Potatoes in their Jackets
Camembert Cheese	Peach Flan
	Gruyère Titbits <sup>5</sup>

NOTE: <sup>1</sup> *Hors d'Œuvres*.—Serve egg mayonnaise with vegetable salad, radishes, and pickles. <sup>2</sup> *Welsh Cheese Pasties*.—Fill hot pastry cases with Welsh Rarebit. <sup>3</sup> *Mock Fillets of Sole*.—Stir 4 ozs. semolina into 1 pint boiling milk. Add 1 oz. butter. Seasoning to taste. Stir till thick. Add 1 oz. grated cheese. Leave till cold. Shape into cakes. Egg, crumb and fry till golden. <sup>4</sup> p. 18; <sup>5</sup> p. 8.

# COCKTAIL PARTY MENUS

## I

- Potato Crisps
- Salted Almonds
- Olives
- Grilled Chipolatas
- Tuna Fish Eclairs
- Anchovy Canapés
- Mushroom Sandwiches
- Savoury Cheese Sandwiches
- Ham and Cress Rolls

## II

- Celery Crisps
- Salted Peanuts
- Stuffed Dates
- Sausage Rolls
- Baltimore Cheese Fingers<sup>1</sup>
- Shrimp Cracknels
- Liver Sandwiches
- Chicken Salad Sandwiches
- Tongue and Cress Rolls

## III

- Cheese Sticks
- Devilled Almonds
- Stuffed Olives
- Bacon Rolls
- Savoury Patties
- Smoked Salmon Titbits
- Tomato Sandwiches
- Shrimp Sandwiches
- Guinea Salad Rolls

## IV

- Mushroomettes<sup>2</sup>
- Salted Cashews
- Toasties<sup>3</sup>
- Sardine Pasties
- Asparagus Rolls
- Chipolatas
- Crab Sandwiches
- Welsh Rarebit Sandwiches
- Venison Pâté Rolls

NOTE: Fill Eclairs with Tuna Mayonnaise. Garnish Canapés with a criss-cross of pimento strips. Stuff Dates with cream cheese, moistened cream, and mixed to taste with minced parsley, and onion or chives and Worcester sauce. Season.

<sup>1</sup> *Baltimore Cheese Fingers*.—Spread thinly rolled short-crust with egg yolk then with anchovy essence. Cover with flaked Finnan Haddock then with pastry. Mark in fingers and bake. Fill Cracknels with shrimp mayonnaise. Make bacon rolls with seasoned chicken liver or oysters. Fill bridge rolls with guinea fowl salad. <sup>2</sup> *Mushroomettes*.—Stuff slowly fried mushrooms with creamed foie gras. Arrange each on a round of fried bread. Make Crab Sandwiches of brown bread. <sup>3</sup> *Toasties*.—Cover tiny rounds of pastry with minced smoked salmon. Garnish with chopped chives.

## SLIMMING MENUS

**I**F you want to lose weight, you must pay strict attention to your diet. For the choice of your diet can make the difference between gaining or losing several pounds a week. There are various ways of losing weight with the help of diet. You can cut starch out of your menus, cut down the number of your meals, or allow yourself only half portions of your usual diet.

No matter which type of diet you choose, you should drink a glass of water an hour before each meal, and limit all liquids at meals to a small cup of soup, tea or coffee or half a glass of water. Unless following the "half portion" diet, avoid all highly-seasoned foods, sauces, sweets, cakes and pastries, and give up taking custard sauce or cream with fruit.

### *SUNDAY*

#### *Breakfast*

	<i>Lunch or Supper</i>
$\frac{1}{2}$ Grapefruit	1 cup Clear Soup
2 Rashers Lean, Grilled Bacon	$\frac{1}{2}$ slice Dry Toast
$\frac{1}{2}$ slice Toasted Brown Bread	Small Portion Cold Chicken
$\frac{1}{2}$ Butter " "	Lettuce and Tomato Salad
1 cup Black Coffee (No Sugar)	1 slice Pineapple

#### *Dinner*

Roast Lamb and Mint Sauce
Buttered Spinach
Junket
Stewed Apples
1 roll Reducing Bread
Lactic Cheese
Celery

NOTE: If over forty, or following a sedentary occupation, omit Bacon from Breakfast, and one course from each of the other meals.

## SLIMMING MENUS

### *MONDAY*

<i>Breakfast</i>	<i>Lunch or Supper</i>
1 glass Orange Juice	Grilled Sole
One-Egg Omelet	Cucumber Salad
1 Oatcake	1 Slice Crisp Rye Bread
½ Butter Ball	Fruit Jelly
1 cup Black Coffee (no Sugar)	Cup of Tea

### *Dinner*

Vegetable Broth
Cold Lamb
Tomato and Onion Salad
Orange Compôte
1 Sponge Finger

### *TUESDAY*

<i>Breakfast</i>	<i>Lunch or Supper</i>
4 Stewed Prunes	1 cup Tomato Soup
1 Grilled Kipper	Egg and Prawn Salad
1 slice Crisp Ryebread	1 Oatcake
½ Butter Ball	
1 cup Black Coffee (no Sugar)	1 Raw Apple

### *Dinner*

1 slice Melon
Small Grilled Steak
Buttered Greens
Grilled Tomatoes
Raspberry Milk Jelly

**NOTE:** If over forty or following a sedentary occupation, omit Omelet and Kipper from Breakfasts, and one course from Dinners. Plaice or Trout can be substituted for Sole, and lettuce or curly endive for cucumber. Fruit Salad can be substituted for Jelly. Make Broth of vegetables in season, but no thickening should be added. Sometimes I would substitute grilled venison or a cutlet for the Steak, if repeating menu.

## SLIMMING MENUS

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
1 slice Pineapple	Brawn
Boiled Egg	Green Salad
1 slice Brown Bread	Honeycomb Mould <sup>1</sup>
½ Butter Ball	5-6 Stewed Plums
1 cup Black Coffee (no Sugar)	1 cup Tea with Lemon

### *Dinner*

1 cup Clear Soup
1 Grilled Cutlet and Tomato
Brussels Sprouts or Kale
Lemon Blancmange

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
1 glass Orange Juice	1 cup Tomato Soup
1 rasher Grilled Bacon	Steamed Egg on Spinach
Fried Apple	1 slice Gluten Bread
½ slice Dry Toast	1 Pear
½ Butter Ball	
1 cup Black Coffee (no Sugar)	

### *Dinner*

Boiled Silverside
Asparagus Salad
Stewed Cabbage
Fruit Sponge <sup>1</sup>
Canned Mandarins
1 glass Lemonade

NOTE: If over forty or following a sedentary occupation omit Egg and Bacon from Breakfast and one course from Dinner. <sup>1</sup>*Fruit Sponge*.—Steep  $\frac{1}{2}$  oz. gelatine and thinly pared rind of  $\frac{1}{2}$  lemon or orange or 1 mandarin in  $\frac{1}{2}$  pint water till soft, then stir over heat till gelatine is dissolved. Strain and cool. Beat 1 egg white to a stiff froth, gradually beat in juice of fruit used, 2 ozs. castor sugar and gelatine. Beat till set. If wanted for 4 persons use three times the quantities.  
p. 12.

## SLIMMING MENUS

### FRIDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
4 Stewed Figs (L)	Steamed White Fish
Grilled Finnan Haddock	Tomato Sauce
1 Oatcake	Lettuce Salad
½ Butter Ball	Junket
1 cup Black Coffee (no Sugar)	Sliced Peaches

### *Dinner*

Baked Hamburg Loaf
Buttered French Beans
Baked Custard
Stewed Gooseberries
Celery 1 Wheaten Biscuit
Lactic Cheese

### SATURDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Mandarins	Pickled Herring
1 Scrambled Egg	Celery Salad
1 slice Crisp Rye Bread	Stewed Dried Apricots
½ Butter Ball	1 Sponge Finger
1 cup Black Coffee (no Sugar)	

### *Dinner*

1 cup Clear Soup
Roast Chicken
Green Peas or Spinach
Lettuce Salad
Fruit Compôte

NOTE: If over forty or following a sedentary occupation, omit Haddock and Egg from Breakfasts, and one course from Dinners. If liked, substitute any cold white fish, moistened with French dressing, for Pickled Herring, canned fruit for the Apricots, and fresh fruit for the Fruit Compôte.

## FATTENING MENUS

**B**E very careful when planning a diet for putting on weight in case thinness is caused by anæmia, indigestion, or some other trouble. You can't switch a person who is out of condition suddenly on to a fattening diet and expect immediate improvement. *Normal diet should be gradually altered to the diet I'm giving. Sudden alteration might have a very bad effect.*

When planning menus, see that a quart of milk is allowed for per day, partly as a drink, and that cream is served with coffee, berries or cooked fruit. Serve meals regularly. If afternoon tea is wanted, offer brown or white bread, butter and honey or jam, lettuce or tomato sandwiches, and any kind of cake except iced cakes and pastry, such as petits fours, cheese cakes and tartlets.

### SUNDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Sliced Peaches			Cream of Tomato
Bacon and Eggs			Simple Galantine
Toast	Butter	Honey	Potato Salad
Cocoa or Tea (with Sugar)			Banana Jelly Whipped Cream
<i>Dinner</i>			
Roast Stuffed Chicken			
Bread Sauce			
Roast Potatoes		Green Peas	
Pineapple Charlotte			
Biscuits	Celery	Cheese	

**NOTE:** Fry, poach or scramble eggs. Serve each portion on a round of fried bread. Make cocoa with milk. Serve toast at lunch or supper and dinner. Garnish potato salad with lettuce. Guinea fowl, pheasant, or turkey can be substituted for chicken. Serve radishes, spring onions or peeled tomatoes when celery is out of season, unless condition is caused by indigestion.

## FATTENING MENUS

### MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Orange Juice	Macaroni Cheese
	Salad
Butter      Marmalade	Baked Apples and Cream
Cocoa or Tea (with Sugar)	Biscuits and Coffee

### *Dinner*

Vegetable Broth
Cold Chicken and Ham (L)
Scalloped Potatoes
Beetroot Salad
Peach Trifle (L)

### TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Fish Pie
Bacon and Fried Potatoes	Cucumber Salad
Rolls      Butter      Honey	Stewed Figs      Creamed Rice
Cocoa or Tea (with Sugar)	Cake and Coffee

### *Dinner*

Cream of Celery
Grilled Steak
Maître d'Hôtel Butter
Chip Potatoes      Buttered Beans
Cream Caramel

NOTE: Make cocoa with milk. Include a cereal for Breakfast, if liked. If no chicken available, serve ham alone. If there are no peaches left over, make Trifle with sponge cake, jam and ratafia biscuits, etc. Serve rolls and butter with Lunch or Supper, and Dinner, and toast with Breakfast. If suffering from indigestion, substitute lettuce for cucumber in salad, and Spinach for Buttered Beans in Dinner menu.

## FATTENING MENUS

### WEDNESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Stewed Figs (L)			Salmon Loaf <sup>2</sup>
Grilled Sausages			Caper Sauce
Fried Apple Slices			Mashed Potatoes
Oatcakes	Butter	Marmalade	Date Pudding
Cocoa or Tea (with Sugar)			Biscuits Watercress Cheese
			<i>Dinner</i>
			Tomato Soup
			Casserole of Liver and Onions <sup>1</sup>
		New Potatoes	Green Peas
			Fruit Salad and Cream

### THURSDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>
Pineapple			Ham and Tongue
Grilled Bacon	Scrambled Eggs		Cauliflower Cheese <sup>3</sup>
Toast	Butter	Honey	Chocolate Blancmange
Cocoa or Tea (with Sugar)			Sliced Bananas
			Cake and Coffee
			<i>Dinner</i>
			Cream of Green Peas
			Boiled Rabbit with Oatmeal Stuffing
			Mashed Potatoes Buttered Kale
			Summer Pudding <sup>4</sup>

NOTE: Make cocoa with milk, and serve cereal at Breakfasts, if liked. <sup>1</sup> *Casserole of Liver*.—Wash, skin and slice 1 lb. calves' liver. Season 2 tablespoons flour to taste with salt and pepper. Dip liver in flour. Place in a buttered casserole with 2 sliced onions. Melt 2 tablespoons butter or bacon fat and pour over liver. Cover closely. Bake in a hot oven,  $\frac{1}{2}$  hour. Uncover. Bake slowly for 1 hour or until tender. <sup>2</sup> p. 107; <sup>3</sup> p. 53; <sup>4</sup> p. 68.

## FATTENING MENUS

### FRIDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>		
			Grilled HERRINGS		
			Worcester SAUCE		
			Fried POTATOES		
ROLLS	BUTTER	MARMALADE	Lemon MILK JELLY		
			Stewed or Canned PEARS		
			BISCUITS	Tomatoes	CHEESE

### *Dinner*

Scotch Broth		
Grilled Lamb CUTLETS		
New Potatoes	Creamed Spinach	
	Fruit Fool	

### SATURDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>		
			Creole Risotto		
			Lettuce and Beetroot Salad		
TOAST	KEDGEREE	HONEY	Tapioca CREAM		
	Butter		Stewed APRICOTS		
	Cocoa or Tea (with Sugar)		ECLAIRS and COFFEE		

### *Dinner*

Kidney SOUP		
Roast STUFFED VEAL		
Roast POTATOES		
Buttered GREEN PEAS		
Vanilla ICE CREAM <sup>1</sup>		
Strawberries		

NOTE: Make cocoa with milk and serve a cereal, if liked, at Breakfasts. Make Kedgeree with white fish. If suffering from indigestion, omit pimento from Risotto. Serve berries or stewed apples, if preferred, with tapioca. Substitute Asparagus or any cream soup for Kidney Soup, if liked, and a milk mould for Vanilla Ice Cream, when ice cream is not obtainable, or weather is cold. <sup>1</sup> p. 72.

# MENUS FOR BUSINESS GIRLS

**I**F you want to feel alert during business hours, you should have a substantial breakfast and evening meal, but only a light lunch. This is particularly important if you follow a sedentary occupation. If you're on your feet most of the day, you needn't be so careful.

The fact that you live on your own need make no difference. With the help of a gas ring and a tiny oven you can turn out an appetising meal if you like to take the trouble. If you have an electric table cooker, you have even more scope. You can then include grilled fare in your menus.

When planning your menus, substitute, if liked, meat and salad sandwiches, fresh fruit, cake and tea for luncheons suggested for Monday to Friday inclusive.

## *SUNDAY*

### *Breakfast*

Grapefruit  
Pork Sausages  
Fried Apples and Bread  
Toast    Butter    Honey  
            Tea

### *Dinner*

Casserole of Meat  
(and Vegetables)  
Mashed Potatoes  
Fruit Trifle  
Lemon Squash,  
Coffee, Cocoa or Tea

### *Supper*

Cream of Tomato Soup  
Sliced Tongue Potato Salad  
Biscuits      Spring Onions  
                    Cheese

**NOTE:** If you are living at home, substitute Roast Lamb, Mint Sauce, Roast Potatoes and Green Peas or French Beans for Casserole of Meat and Mashed Potatoes, and a Fruit Tart in season and cream if liked, for Trifle. When weather is hot, substitute Grilled Bacon and Scrambled Eggs for Sausages at Breakfast.

## MENUS FOR BUSINESS GIRLS

### *MONDAY*

<i>Breakfast</i>	<i>Restaurant Lunch</i>
Orange Juice	Sardines on Toast
Boiled Eggs	
Toast      Butter      Marmalade	Stewed Fruit and Cream
Tea	Coffee

### *Home Dinner*

Shepherd's Pie (L)
Buttered Peas
Banana Custard <sup>1</sup>
Coffee, Cocoa or Tea

### *TUESDAY*

<i>Breakfast</i>	<i>Restaurant Lunch</i>
Apple	Fried Fish and Chips
Fried or Grilled Kipper	Lettuce Salad
Rolls      Butter      Marmalade	Queen of Puddings
Tea	Orangeade

### *Home Dinner*

Fried or Grilled Chop
Tomatoes      Potato Crisps

### *Lemon Blancmange*

Pineapple

NOTE: Make Shepherd's Pie with remainder of Sunday Casserole of Meat, and Lemon Cream from a packet of table cream mixture. If living at home, substitute Cold Lamb, Salad and Baked Potatoes in their Jackets, for Shepherd's Pie. If liked, substitute stewed fresh fruit or stewed dried Apricots or Figs for the Pineapple. Finish Dinner with Biscuits and Cheese, if liked. <sup>1</sup> p. 18.

## MENUS FOR BUSINESS GIRLS

### WEDNESDAY

<i>Breakfast</i>	<i>Restaurant Lunch</i>
Pineapple (L)	Steak and Kidney Pie
Fried Bacon, Tomato and Bread	Buttered Greens
Oatcakes      Butter	Boiled or Mashed Potatoes
Marmalade	Fruit Jelly
Tea	Coffee

### *Home Dinner*

Creamed Salmon on Toast <sup>1</sup>
Cucumber Salad
Fruit or Jam Tartlets
Coffee, Cocoa or Tea

### THURSDAY

<i>Breakfast</i>	<i>Restaurant Lunch</i>
Stewed Figs	Macaroni Cheese
Fried Salmon Cakes (L)	Tomato Salad
Toast      Honey      Butter	Stewed Fruit and Custard
Tea	Chocolate Biscuits
	Coffee

### *Home Dinner*

Grilled or Fried Steak
Potato Crisps
Green Peas
Berries and Cream
Coffee, Cocoa or Tea

NOTE: Substitute Grilled Sausages and a rasher of Bacon for the Grilled Steak in Home Dinner, if liked, and canned or stewed fruit, for the berries. Finish, if liked, with oatcakes, radishes, or watercress, and cheese, and Lemon or Orangeade in hot weather. <sup>1</sup> *Creamed Salmon*.—Flake canned salmon. Mix with equal quantity of well-seasoned white sauce. Serve on rounds of buttered toast.

## MENUS FOR BUSINESS GIRLS

### *FRIDAY*

<i>Breakfast</i>			<i>Restaurant Lunch</i>	
	Grapefruit		Grilled Herring	
	Scrambled Eggs		Chips	Mustard Sauce
Toast	Butter	Honey		Jellied Fruit
		Tea		Coffee

### *Home Dinner*

Vegetable Broth
Grilled Kidneys and Bacon
Baked Beans
Dessert and Cake
Cocoa, Coffee or Tea

### *SATURDAY*

<i>Breakfast</i>			<i>Restaurant Lunch</i>	
	Peaches		Welsh Rarebit	
	Stewed Finnan Haddock		Salad	
Rolls	Butter	Marmalade	Fruit Flan	
	Tea		Coffee	

### *Home Dinner*

Stewed Rabbit <sup>1</sup>
Mashed Potatoes
Pancakes
Toast Radishes Cheese
Coffee, Cocoa or Tea

NOTE: If living on your own, buy a portion of rabbit. <sup>1</sup> *Stewed Rabbit*.—Brown joints in a little melted butter or dripping. Place in a saucepan. Add a sliced peeled onion, and the liquor drained from the remainder of the Vegetable Broth from Friday's Dinner. Cover and simmer slowly till tender. Season to taste with salt and pepper. Add vegetables from Broth. Thicken with a teaspoon cornflour dissolved in water.

## MENUS FOR 6 PEOPLE (AT 10/- PER HEAD)

**W**HEN planning menus, always try to arrange to serve a green vegetable or a salad once a day, as well as fresh fruit or tomatoes. You can have fruit for breakfast or supper, as you please, if funds won't rise to both.

The menus I'm giving you are suitable for any time of the year except the hottest days in summer, when simple cold sweets, such as Lemon Sponge, Honeycomb Mould, Fruit Jellies, Steamed or Stewed Rhubarb, etc., should be substituted for the hot sweets suggested. In the hot weather, also substitute sandwiches made with lettuce or tomato for hot crumpets, muffins or teacakes. If you find it hard to make ends meet, serve coffee only once or twice a week, and substitute cocoa or tea for coffee at supper. If High Tea is served instead of Tea and Supper, combine Tea and Supper Menus, but omit teabread to taste, and coffee.

### *SUNDAY*

<i>Breakfast</i>		<i>Dinner</i>
Grilled Bacon	Fried Bread	Roast Beef
Toast	Marmalade	Yorkshire Pudding
	Tea	Roast Potatoes
		Buttered Greens
		Apple Tart and Custard Sauce
<i>Tea</i>		<i>Supper</i>
Brown and White Bread and		Pork or Veal and Ham Pie
Butter	Jam	Mixed Vegetable Salad
	Toasted Teacakes	Oranges
	Spiced Fruit Cake	Cake and Coffee

**NOTE:** When you've any left-over boiled potatoes, fry and substitute for fried bread. Substitute Brussels Sprouts occasionally for Greens, and any fruit tart for Apple tart. Brawn, cold Silverside Jellied Shin of Beef, or Potted Head can take the place of Pork or Veal and Ham Pie. Serve potato and celery salad or Russian salad occasionally in place of Mixed Vegetable Salad.

## TEN SHILLINGS PER HEAD PER WEEK

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### MONDAY

#### *Breakfast*

Boiled Eggs  
Rolls      Toast  
Marmalade  
Tea

#### *Tea*

Bread and Butter with Jam  
Toasted Teacakes  
Cheese Cakes  
Gingerbread

#### *Dinner*

Cold Roast Beef  
Baked Potatoes in their Jackets  
Mashed Turnip  
Chutney or Pickles  
Baked Fruit Roll  
Vanilla Sauce

#### *Supper*

Scotch Broth  
Welsh Rarebit and Celery  
Apples or Pears  
Cake and Coffee

### TUESDAY

#### *Breakfast*

Grilled Kippers  
Oatcakes      Toast  
Marmalade  
Tea

#### *Tea*

Bread and Butter with Jelly  
Dough Cake  
Yorkshire Parkin

#### *Dinner*

Haricot Mutton  
Mashed Potatoes  
Honeycomb Mould<sup>1</sup>  
Stewed Rhubarb

#### *Supper*

Grilled Herrings  
Mustard Sauce  
Toast and Butter  
Banana Custard<sup>2</sup>  
Cake and Coffee

NOTE: Substitute stewed Haddock's Roe for Grilled Kippers, if liked, and any Milk Mould for Honeycomb Mould. Lancashire Hot Pot or Casserole of Liver can take the place of Haricot Mutton, but in that case serve buttered Artichokes, Dandelions or Buttered Kale, as well as potatoes. Vanilla Sauce is sweet White Sauce, flavoured with Vanilla. Substitute any biscuits you like for Parkin. <sup>1</sup> p. 12; <sup>2</sup> p. 18.

## TEN SHILLINGS PER HEAD PER WEEK

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### WEDNESDAY

<i>Breakfast</i>	<i>Dinner</i>
Fried Sausages	Roast Mock Duck <sup>2</sup>
Fried Bread and Apple Slices	Roast Potatoes Buttered Leeks
Rolls and Butter	Treacle Tart <sup>1</sup>
Marmalade	Biscuits Spring Onions
Tea	Cheese
<i>Tea</i>	<i>Supper</i>
Toasted Crumpets	Spaghetti Cheese
Bread and Butter with Honey	Watercress
Rock Cakes	Fruit Jelly
	Cake and Coffee

### THURSDAY

<i>Breakfast</i>	<i>Dinner</i>
Smoked Fish Kedgeree	Scotch Collops
Toasted Brown Bread	Mashed Potatoes Green Peas
Marmalade	Apple Dumplings
Tea	
<i>Tea</i>	<i>Supper</i>
Toasted Muffins	Scalloped Fish
Bread and Butter	Green Salad
Jam	Dessert
Gingerbread	Cake and Coffee

NOTE: Substitute, if liked, a Green Vegetable for the Leeks. Make Scallops of Fish with canned salmon or boiled white fish. <sup>1</sup> Treacle Tart. — Roll  $\frac{1}{2}$  lb. short crust out thinly and line a buttered pie plate. Decorate rim. Mix 3 ozs. fine bread-crumbs, with 8 tablespoons golden syrup and the strained juice and grated rind of 1 lemon. Spread evenly in case. Bake in a hot oven for  $\frac{1}{2}$  hour. <sup>2</sup> p. 35.

# TEN SHILLINGS PER HEAD PER WEEK

## FRIDAY

<i>Breakfast</i>	<i>Dinner</i>
Scrambled Eggs	Casserole of Meat
Toast Oatcakes	Boiled Potatoes
Marmalade	Stewed Cabbage <sup>2</sup>
Tea	Cottage Pudding <sup>1</sup> Lemon Sauce <sup>3</sup>
 <i>Tea</i>	 <i>Supper</i>
Bread and Butter	Meat Loaf
Currant Oven Scones	Potato and Celery Salad
Jam	Oranges
Strawberry Gems	Cake and Coffee

## SATURDAY

<i>Breakfast</i>	<i>Dinner</i>
Fried Salmon Cakes	Steak and Kidney Pie
Rye Rolls	Mashed Potatoes
Marmalade	Buttered Beetroot
Tea	Stewed Fruit and Milk Jelly
 <i>Tea</i>	 <i>Supper</i>
Hot Buttered Toast	Fried Fish and Chips
Bread and Butter	Tomato Sauce
Honey	Pineapple Slices
Swiss Roll	Cake and Coffee
Ginger Nuts	

NOTE: <sup>1</sup> *Cottage Pudding*.—Beat  $\frac{1}{2}$  cup margarine with  $\frac{1}{2}$  cup castor sugar. Add a well-beaten egg. Sift  $1\frac{1}{2}$  cups flour with  $\frac{1}{2}$  teaspoon salt, and  $2\frac{1}{2}$  teaspoons baking powder. Measure out  $\frac{1}{2}$  cup milk. Add flour and milk alternately with butter and sugar. Pour into a shallow buttered tin. Bake in a hot oven, 375 deg. F. for  $\frac{1}{2}$  hour. Serve with Lemon Sauce or Custard. <sup>2</sup> p. 28; <sup>3</sup> p. 15.

## MENUS FOR CAMPERS

IT'S very difficult to give typical menus for campers. The number of meals and the kind of fare will depend entirely on whether you're moving on from day to day, or whether you have a standing camp, and on the kind of equipment you have.

Start the day with a good breakfast. If touring, eat a snack midday meal by the way, and have the main meal after pitching camp. If you've a standing camp, it's better to have your main meal in the middle of the day.

Don't forget a corkscrew, tin-opener, a long-handled fork, and a camp grate if you're to cook over a camp fire. Include in your stores some tins of canned milk and packets of oatcakes in case of emergencies, as well as canned soups, fruits and vegetables, marked (C) in menus. Shop by the way when touring.

### *SUNDAY*

<i>Breakfast</i>			<i>Dinner</i>		
	Apples			Fried Chops	
	Fried Kippers			Boiled Potatoes	
Bread	Butter	Marmalade		Fried Tomatoes (C)	
				Fruit Salad	
	Tea or Coffee		Cream or Custard Sauce		
			Biscuits	Radishes	Cheese

### *Supper*

Cream of Mushrooms (C)
Tongue and Ham
Green Pea Mayonnaise (C)
Fresh Fruit and Tea

NOTE: If touring, have Tongue Sandwiches, made before striking camp and tied in a damp cloth, and fresh fruit, biscuits and beer or lemonade, bought by the way, as lunch instead of serving supper, and have Dinner at night. If High Tea is preferred to Supper, in a standing camp, omit Soup and Mayonnaise. Make Fruit Salad of apple, banana or canned mandarins. Add cake to the menu.

## MENUS FOR CAMPERS

### MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Oranges	Chicken and Ham Roll (C)	
	Scrambled Eggs	Baked Beans (C)	Watercress
Bread	Butter	Honey	Lemon Cheese Tartlets
	Tea or Coffee		Tea Shortbread

### *Dinner*

Fried Steak and Onions
Boiled or Fried Potatoes
Macedoine of Vegetables (C)
Peaches and Cream

### TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>	
	Apples or Peaches (L)	Pressed Beef	
	Boiled Eggs	Fried Potatoes	
Rolls	Butter	Lettuce and Tomato Salad	
	Tea or Coffee	Fresh Fruit	
		Tea	Biscuits

### *Dinner*

Cream of Tomato Soup (C)
Steak and Kidney Pie ( <i>bought</i> )
Mashed Potatoes
Buttered Green Peas (C)
Stewed Apples and Cream

NOTE: If you don't want to cook potatoes for Tuesday's Lunch or Supper, mix cold sliced potatoes with mayonnaise and chopped onion to taste and serve instead. If unable to obtain a cooked Steak and Kidney pie and you have an oven, make a Casserole of Steak and Kidney. If not, substitute fried Kidneys, Bacon and Tomatoes or Mushrooms. Fresh fruit, cake and coffee can be substituted for Stewed Apples and Cream.

## MENUS FOR CAMPERS

### WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Pork or Mutton Pies ( <i>bought</i> )
Fried Bacon and Eggs	Egg and Watercress Salad
Bread      Butter	
Marmalade	Meringues
Tea or Coffee	Tea

### *Dinner*

Mulligatawny Soup (C)
Sausages and Mash
Buttered Broad Beans (C)
Fruit Salad and Cream

### THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Oranges	Sardines
Stewed Finnan Haddock	Pickled Beetroot
Rolls      Butter      Honey	Potato Salad
Tea or Coffee	Bananas
	Cakes and Tea

### *Dinner*

Cold Roast Beef or Pork ( <i>bought</i> )
Hot Spaghetti Cheese
Lettuce Salad
Pineapple and Cream

NOTE: If touring, substitute Paste and Watercress Sandwiches and biscuits sandwiched with cheese, for Pork pie and Salad on Wednesday, and Sardine Sandwiches put together with watercress, for Sardines and Potato salad on Thursday. If liked, Dinner on both days can start with a canned soup. If any Sweet tempts you on the way, substitute it for the Fruit Salad or Pineapple.

## MENUS FOR CAMPERS

### *FRIDAY*

<i>Breakfast</i>			<i>Lunch or Supper</i>	
	Apples		Scrambled Eggs and Green Peas	
	Fried Sausage Cakes		Fried Bread	
	Potato Cakes		Biscuits Spring Onions	
Bread	Butter	Honey	Gorgonzola Cheese	
	Tea or Coffee		Tea Tartlets	

### *Dinner*

	Vegetable Broth (C)
	Fried Liver and Bacon
	Asparagus (C) Boiled Potatoes
	Pears and Cream

### *SATURDAY*

<i>Breakfast</i>			<i>Lunch or Supper</i>	
	Grapefruit		Brawn	
	Mushroom Omelet		Lettuce and Tomato Salad	
Bread	Butter	Marmalade	Egg Mayonnaise	
	Tea or Coffee		Strawberries (C) and Bananas	
			Tea Biscuits	

### *Dinner*

	Melon
	Pork Chops and Apple Sauce
	Fried Potatoes
	Buttered Celery (C)
	Jam Puffs

NOTE: Substitute Fried Potatoes, if liked, for Potato Cakes, and Tomatoes for Mushrooms in Omelet. If touring, substitute Meat Pasties and Spring Onions for Scrambled Eggs and Green Peas on Fried Bread and finish with fresh fruit, at Friday's Lunch, and Brawn and Tomato Sandwiches for Brawn and Lettuce, and Tomato Salad at Saturday's Lunch and finish with bananas and lemonade.

## A WEEK'S MENUS FOR A WORKING MAN

WHEN planning menus for a working man who has to take a packed lunch, you must see that you introduce enough vegetables and fruit to his diet. The tendency usually is to provide too much starchy food. If it's sometimes impossible, owing to the state of your larder, to introduce enough variety into his lunch box, you should see that his hot meal at night makes up the deficiency in the lunch. To give you an example, if you are short of fruit and salad, and he is forced to put up with sandwiches and cake or biscuits for lunch, see that he has an extra supply of fruit and vegetables, or has salad as well as fruit and vegetables at his evening meal.

### MONDAY

<i>Breakfast</i>			<i>Packed Lunch</i>
Bacon and Eggs			Beef and Chutney Sandwiches
Fried Bread			Cheese and Spring Onion
Toast	Butter	Marmalade	Sandwiches
<i>Tea</i>			Fresh Fruit
<i>Hot Meal</i>			<i>Supper</i>
Toad in the Hole (L)			Bread and Cheese
Green Vegetable			Tomatoes
Fruit Tart	Custard Sauce		Cocoa or Beer
Tea	Gingerbread		

NOTE: Provide any fruit for lunch except Bananas. If there's no left-over beef to make Toad in the Hole, substitute Corn Beef Hash and Cabbage. If any Sweet is left from Sunday, substitute it for the Tart at Hot Meal and if very hungry, provide biscuits and cheese and omit Tea.

# FOR A WORKING MAN

## TUESDAY

<i>Breakfast</i>	<i>Packed Lunch</i>
Fried Kippers	
Toast and Marmalade	Egg and Tomato Sandwiches
Bread and Butter	Ham Sandwiches
Tea	Fresh Fruit
<i>Hot Meal</i>	
Fried Steak and Chips	<i>Supper</i>
Brussels Sprouts	
Fried Onions	Shrimps
Rice Pudding	Bread Butter
Stewed Apples	Watercress
Tea	Cocoa or Beer
Ginger Nuts	

## WEDNESDAY

<i>Breakfast</i>	<i>Packed Lunch</i>
Fried Sausages and Apples	
Toasted Brown Bread	Meat Pie
Rolls Butter Marmalade	Watercress Sandwiches (L)
Tea	Fresh Fruit
<i>Hot Meal</i>	
Irish Stew	<i>Supper</i>
Green Vegetable	Oatcakes and Cheese
Steamed Batter Pudding	
Tea	Radishes
Cheese Cakes	Cocoa or Beer

NOTE: Apples, Plums, Pears, dried Fruit, Rhubarb, etc., can be substituted for Stewed Apples, and any Green Salad for Watercress. Make Cheese Cakes at the same time as Pasties. If preferred, a Green Salad can be substituted for the Green Vegetable. Batter Pudding should be served with Fruit in preference to Jam.

# FOR A WORKING MAN

## THURSDAY

### *Breakfast*

Boiled Bacon  
 Toast and Marmalade  
 Bread and Butter  
 Tea

### *Hot Meal*

Steak and Kidney Pie  
 Mashed Potatoes      Green Peas  
 Stewed Prunes and Custard  
 Tea  
 Fruit Cake

### *Packed Lunch*

Cheese Sandwiches  
 Scotch Eggs  
 Tomatoes  
 Fresh Fruit

### *Supper*

Potted Head  
 Pickles  
 Bread and Butter  
 Cocoa or Beer

## FRIDAY

### *Breakfast*

Fried Herring  
 Toast      Marmalade  
 Bread and Butter  
 Tea

### *Hot Meal*

Stewed Rabbit<sup>1</sup>  
 Mashed Potatoes  
 Fruit Roly Poly  
 Tea  
 Cherry Cake

### *Packed Lunch*

Sausage Rolls  
 Celery  
 Salad Sandwiches  
 Fresh Fruit

### *Supper*

Fish and Chips  
 Watercress  
 Bread and Butter  
 Cocoa or Beer

NOTE: Cold Bacon and Onion sandwiches could be substituted for the Scotch Eggs. Serve Greens, if liked, instead of Green Peas, and Brawn instead of Potted Head. Dip Herring in flour then in oatmeal and milk before frying in bacon fat. Make Roly-poly with fruit in season, and substitute Tomatoes or Celery for Watercress, if liked. <sup>1</sup> p. 184.

# FOR A WORKING MAN

## SATURDAY

<i>Breakfast</i>		<i>Midday Dinner</i>
Boiled Eggs		Potato and Carrot Soup
Toast	Marmalade	Tripe and Onion Pie <sup>1</sup>
Bread and Butter		Mashed Potatoes
Tea		Marmalade Pudding
<i>High Tea</i>		Custard Sauce
		<i>Supper</i>
Bread and Butter		Pork Pie
Jam		Bread and Butter
Currant Buns		Stewed Plums and Custard
Dripping Cake		Cocoa or Beer
Tea		

## SUNDAY

<i>Breakfast</i>		<i>Midday Dinner</i>
Fried Liver, Bacon and Tomatoes		Roast Beef
Toast	Marmalade	Yorkshire Pudding
Bread and Butter		Roast Potatoes      Greens
Tea		Apple Tart      Custard Sauce
Tea		<i>Supper</i>
Bread and Butter		Cold Roast Beef
Cheese and Watercress		Piccalilli
Strawberry Jam		Beetroot      Salad
Raisin Cake		Stewed Dried Apricots
Tea		Custard Sauce (L)

NOTE: If liked, substitute Artichoke or Lentil soup for the Potato and Carrot, and any baked pudding for Marmalade Pudding. A boiled fowl with oatmeal stuffing, parsley sauce, mashed potatoes and greens can take the place of roast beef, if liked, and Macaroni cheese could be prepared on Saturday and served with the cold Roast Beef for Sunday Night Supper. <sup>1</sup> p. 133.

## FOURTEEN DINNER MENUS FOR YOUNG CHILDREN

**I**F you want your children to grow into sturdy, straight-limbed, clear-eyed young men and women, with good skins and perfect teeth, you must give them well-balanced meals, at regular intervals, and vary them as much as possible from day to day.

Include a quart of milk, partly in drink form, partly with cereals, and in the shape of sauce, soup, puddings, in the daily diet, and provide raw or cooked fruit, orange, prune or tomato juice, and a cooked green vegetable as well. Sometimes I'd include a cream of vegetable soup in the dinner menu, but not when serving soup at supper.

When bread and butter is called for, always serve brown bread, and offer cream or "top o' the milk" with cooked fruit and puddings without sauce. Don't allow children to drink water at dinner. Encourage them to drink a glass an hour beforehand. Limit all kinds of liquids, when children reach school age, to one cup at dinner.

When arranging menus, take into account the age of children. If 1 to 2 years old, one cup of cream of vegetable soup, or the yolk of a lightly-boiled egg, and one tablespoon of carrot or green pea purée, buttered spinach or mashed marrow, followed by a cup of warm milk and a slice of toast, is enough. Provide similar meals for children from 2 to 4 years, with the addition of a baked potato in its jacket served with a pat of butter, followed by a small portion of junket, milk jelly, creamed semolina or tapioca, or baked custard and apple sauce, steamed rhubarb or fruit purée.

When catering for children from 4 to 7 years, simple dinners which adults can share can be chosen, but the meal must be served at midday. The menus I'm giving are planned for children of this age. When soup isn't served, include a cup of warm milk, and give cream of vegetable or vegetable broth with toast at supper, which should be served at 6 p.m.

## 7 MENUS FOR COLD WEATHER

### *Sunday*

Roast Lamb      Mint Sauce  
 Roast Potatoes  
 Buttered Green Peas  
 Blackcap Pudding  
 Vanilla Sauce

### *Monday*

Scotch Collops  
 Boiled Potatoes  
 Mashed Turnips  
 Apple Betty  
 Custard Sauce

### *Tuesday*

Casserole of Liver<sup>2</sup>  
 Riced Potatoes   Brussels Sprouts  
 Baked Semolina Pudding  
 Stewed Dried Apricots

### *Wednesday*

Haricot Mutton  
 Boiled Potatoes  
 Stewed Cabbage<sup>3</sup>  
 Treacle Tart<sup>4</sup>

### *Thursday*

Baked Hamburg Loaf  
 Scalloped Potatoes  
 Buttered Greens  
 Eve's Pudding<sup>1</sup>

### *Friday*

Stewed Rabbit<sup>5</sup>  
 Mashed Potatoes  
 French Beans  
 Orange Fritters

### *Saturday*

Stewed Steak and Dumplings  
 Boiled Potatoes  
 Buttered Kale  
 Baked Chocolate Pudding<sup>6</sup>

NOTE: When Brussels Sprouts are not in Season, substitute any Green vegetable. Guinea fowl can take the place of rabbit. <sup>1</sup> *Eve's Pudding*.—Peel and slice  $\frac{1}{2}$  lb. apples. Mix 2 tablespoons castor sugar with  $\frac{1}{2}$  teaspoon ground cloves. Place  $\frac{1}{2}$  the apples in a buttered pie dish. Sprinkle with spiced sugar. Cover with remainder of apples. Beat the weight of an egg in butter and sugar to a cream. Add beaten egg. Stir in its weight in flour. Pour over apples. Bake in a moderate oven till brown. <sup>2</sup> p. 179; <sup>3</sup> p. 28; <sup>4</sup> p. 187; <sup>5</sup> p. 184; <sup>6</sup> p. 2.

## 7 MENUS FOR HOT WEATHER

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### *Sunday*

Melon  
Roast Chicken      Bread Sauce  
Roast Potatoes  
Buttered French Beans  
Junket  
Stewed Cherries

### *Monday*

Cold Chicken and Ham      Steamed Halibut      Egg Sauce  
Lettuce and Tomato Salad      Mashed Potatoes  
Baked Potatoes in their Jackets      Buttered Spinach  
Creamed Rice      Chocolate Blancmange  
Pineapple Slices      Bananas and Cream

### *Wednesday*

Veal Galantine  
Lettuce and Beetroot Salad  
Brown Bread and Butter  
Stewed Plums  
Custard Sauce

### *Thursday*

Creamed Sweetbreads  
New Potatoes  
Buttered Broad Beans  
Strawberries and Cream  
Sponge Fingers

### *Friday*

Salmon Loaf with Parsley Sauce<sup>1</sup>  
Boiled Potatoes  
Buttered Green Peas  
Lemon Sponge  
Steamed Gooseberries

### *Saturday*

Casserole of Veal  
Steamed Potatoes      Cauliflower  
Vanilla Ice Cream  
Raspberries

NOTE: When children are young, substitute a green vegetable for Lettuce and Tomato Salad. When adults prefer cold meat, very young children can have a poached egg on spinach with creamed potatoes. Any white fish can be substituted for the Halibut, and Guinea Fowl can take the place of Chicken. If liked, substitute Stewed Knuckle of Veal with Rice and Beans for the Sweetbreads. Ring the changes between roast lamb, beef and veal with chicken for Sunday Dinners.

<sup>1</sup> p. 101.

# SCHOOL LUNCH BOXES

I

Creamed Veal Sandwiches

Tomato Sandwiches

1 Apple

2 Chocolate Biscuits

½ pint Milk

II

Prune and Cheese Sandwiches

Egg and Cress Sandwiches

1 Orange

Raisin Gingerbread

½ pint Lemonade

III

Ham and Lettuce Sandwiches

Marmalade Sandwiches

1 gill Banana Jelly

1 Sponge Cake

½ pint Milk

IV

Cheese and Walnut Sandwiches

Steak and Tomato Sandwiches

1 Pear

1 Fruit Tartlet

½ pint Orangeade

V

Welsh Rarebit Sandwiches

Chicken and Lettuce Sandwiches

A few Berries

Wedge of Layer Cake

½ pint Milk

VI

Meat Pasty

Cheese and Celery Sandwiches

Wedge of Chocolate Cake

½ pint Lemonade

NOTE: When following the menus, provide number of sandwiches according to age and appetite of child. In cold weather, ring the changes between hot cocoa and soup in place of liquid suggested and take it in a vacuum flask. Use lightly seasoned White Sauce in place of Salad Dressing for young children, when making Veal, Steak and Chicken sandwiches. Use brown bread for first sandwich in each menu, and white for second. Always pack a few sweets in the lunch box.

## INDEX AND PRONOUNCING GLOSSARY

**H**OW TO USE THIS INDEX.—The index has been included principally to enable the housewife to find menus built round a favourite, opportune or left-over food. To facilitate this, dishes or foods that are contained in breakfast, lunch, high tea and dinner menus are entered under the name of the food or dish, sub-divided into entries "Breakfast", "Dinner", "High Tea" and "Lunch". Menus which include dishes made from a left-over food are entered under the name of the food in a sub-entry "left-over, menu for using". Where the recipe for a dish is given in the Notes to a menu page, the reference is given in italic numerals, thus: 154. Cross references given in the index refer only to index entries.

**THE PRONOUNCING GLOSSARY.**—Where the pronunciation is not immediately understood from the spelling or where the spelling may be misleading, a complete phonetic re-spelling is given after the index entry. The word is broken into syllables as it is spoken and an accent mark (') follows the syllable on which the stress is placed. The notation used for the phonetic re-spelling is as follows:

a mate	a pat	é there	th thin
e mete	e pet	á father	TH thine
i mite	i pit	é her	zh leisure
ó mote	o pot	aw awl	ch church
ú mute	u nut	oi oil	g get
ö boot	oo foot	ow owl	j jam

The French nasalised *n* is denoted by italicising the vowel and the nasal concerned, thus: *un*, *bon*, *vin*. The German modified ö and the similar French sound are denoted by *oe*, the German soft ch and g by *ch*, and the guttural ch (as in Scots "loch") by *ch*. The French u and the German modified ü are indicated by *ü*.

### ALABAMA SALAD, 155.

Almond rings, 120.

— trifle, Dinner, 20, 99, 105.

American grill, Dinner, 64. Lunch, 11.

Anæmia, to avoid, xiv.

Angels on horseback, Dinner, 9.

— — Scotch, Dinner, 24, 33, 40, 78, 97, 158.

Apple Betty, Dinner, 19, 141, 198.

— — Lunch, 11, 72, 96, 110, 134, 153.

— dumplings, Dinner, 187.

— — Lunch, 7, 44, 144, 163.

— fritters, Lunch, 8, 53, 91, 152, 168.

— mousse (möös), Lunch, 103.

— Dinner, 120.

— pancakes, Lunch, 48, 55, 88, 117, 150.

Apple pudding, caramel, Lunch, 48, 166.

— — Swiss, Lunch, 31, 123, 142.

— tart, Dinner, 1, 185, 196.

— — Lunch, 43, 150.

— trifle, Dinner, 8.

Apples, baked stuffed, Dinner, 14, 51.

— — Lunch, 125.

Apricot Betty, Lunch, 127, 165.

— flan, Lunch, 77, 144.

— fool, Dinner, 4.

— fritters, Dinner, 131.

— rice, Lunch, 114.

— soufflé (sööf'flé), Dinner, 16, 69.

— — pancakes, Dinner, 66, 73, 90,

106, 139, 150.

— tart, Lunch, 25.

## INDEX AND

April Fool, Dinner, 43.  
 Artichokes, cream of, Dinner, 1, 27, 72, 135, 145, 158.  
 Asparagus, cream of, Dinner, 25, 30, 38, 56, 76, 86, 96, 107, 149, 171.  
 — Lunch, 71.  
 — left-over, menu for using, omelet, 75.  
 — omelet, Breakfast, 79. High Tea, 75.  
 — scalloped, 112.  
 Aubergine (ö'ber-zhēn), fried, 105.

BACON, OMELET, Breakfast, 113.  
 — High Tea, 54, 150.  
 — shortcake, High Tea, 53, 152.  
 Baden-Baden (bä'den-bä'den) clear soup, Dinner, 9.

Bakestones, 45.  
 Balanced meals, importance of, xiv-xvii.  
 Baltimore cheese fingers, 172.  
 Banana and strawberry compôte (kom-pôt), 25.  
 — custard, Dinner, 182. Lunch, 18, 64, 66, 75, 89, 104, 171, 186.  
 — fool, Lunch, 11.  
 — jelly, Lunch, 15, 88, 104, 177.  
 — left-over, menu for, surprise, 128.  
 — pudding, Lunch, 116, 122.  
 — surprise, Lunch, 128.

Batter pudding, baked, Lunch, 13, 22.  
 Beans, purée (pü'rë) of, Dinner, 6.  
 Beef, cold, Dinner, 40, 47, 68, 96, 108, 110, 117, 131, 152, 186, 191.  
 — Lunch, 54, 81, 87, 167, 196.  
 — corned, High Tea, 59. Lunch, 60.  
 — hash, Lunch, 112, 166.  
 — croquettes (krô-ket'), Lunch, 117.  
 — curried, Lunch, 2, 110, 142.  
 — galantine, High Tea, 127.  
 — hash, Lunch, 96.  
 — left over, menus for using, croquettes (krô-ket'), 117.  
 — curried, 2, 110, 142.  
 — hash, 96.  
 — shepherd's pie, 8, 87, 96.  
 — terrapin, 47, 131.  
 — Toad in the Hole, 193.  
 — olives, Dinner, 18, 108, 118, 157.  
 — pressed, High Tea, 5, 17, 34, 106, 160. Lunch, 56, 74, 143, 190.  
 — roast, Dinner, 1, 8, 39, 46, 53, 60, 67, 81, 86, 95, 102, 109, 116, 130, 145, 151, 166, 185, 196.  
 — terrapin, Lunch, 47, 131.  
 Beetroot, cream of, Dinner, 52, 128.  
 — creamed, 145.  
 Belgian rice, Lunch, 3.  
 Berry blancmange, Dinner, 23.  
 — roll, Dinner, 40.

Bilberry fool, Dinner, 22.  
 Black butter, 65.  
 Black currant cream, Dinner, 97, 157.  
 — — flan, Dinner, 80. Lunch, 95.  
 — — fool, Dinner, 90, 108.  
 — — jelly, Lunch, 118.  
 — — summer pudding, Lunch, 105.  
 Blackberry flan, Dinner, 104, 122.  
 — — fool, Dinner, 163.

Blackcap pudding, Dinner, 198.  
 — — Lunch, 4, 113, 131, 139, 156.

Blancmange (bla-mäng'zh), various, Dinner, 48, 199. Lunch, 6, 64, 66, 75, 78, 89, 104, 125, 136, 148, 171, 179.

Bloaters, Breakfast, 5, 32, 165.

Boar's head, Lunch, 167.

Bobitee (bob'i-te) Lunch, 118.

Body-building foods, xv.

Brain snacks, High Tea, 107. Lunch, 47.

Brown, High Tea, 7, 14, 32, 40, 57, 69, 96, 117, 142.  
 — Lunch, 95, 106, 115, 175, 192.

Bream à la Portugaise (por-tü-gäz'), Dinner, 25, 102.  
 — macedoine (ma'se-doin) of, High Tea, 88, 118.  
 — sea, baked stuffed, Dinner, 17, 83, 110, 131, 150.  
 — — pie, Dinner, 49.

Brill, fried, Dinner, 47, 93, 129, 142, 149.  
 — scallops, Dinner, 6, 157.

Brown soup, Dinner, 15, 18, 34, 56, 61, 131.

Bubble and squeak, Lunch, 24.

Buck rarebit, High Tea, 6, 143, 154.

Business girls, menus for, 182-184.

Buttercups, High Tea, 146.

Butterscotch pie, Dinner, 59, 75, 102, 106, 159, 170.  
 — pudding, Dinner, 20, 47.  
 — — Lunch, 73, 133, 140, 156.

— tartlets, Dinner, 127.

— trifle, Dinner, 25.

CABBAGE AU GRATIN (ö grä'tin), 155.  
 — stewed, 28.

Cabinet pudding, cold, 139.

Californian pancakes, Lunch, 171.

Calves' tongues, braised, Dinner, 56.

Campers, hints to, 189.  
 — menus for, 189-192.

Canned foods, use of, xii-xiii.

Caramel custard, Dinner, 171.

Carbohydrates, xiv-xvi.

Caraway cheese, 22.

Carrot salad, 47.

## PRONOUNCING GLOSSARY

Carrots, cream of, Dinner, 47.  
 — — Lunch, 57.

Cauliflower cheese, Dinner, 4, 8, 40, 71, 78, 110, 125. High Tea, 162.  
 — — Lunch, 31, 53, 167, 170, 179.

Cream of, Dinner, 138, 155.  
 — Mimosa, 98.

Celery, cream of, Dinner, 48, 77, 114, 142, 171, 178. Lunch, 32, 64, 127.  
 — stuffed, 26.

Celestine (säl'ës-tëñ) pancakes, Dinner, 34.

Charlotte Russe (rüss), Dinner, 32, 49, 54, 60, 112, 136, 150, 166.

Cheddar canapés (kă'ñä-pä), 19.

Cheese biscuits, 170.  
 — caraway, 21.  
 — fingers, Baltimore, 172.  
 — potted, 74.

Cherry Betty, Lunch, 24, 130.  
 — Cottage pudding, Lunch, 37.  
 — flan, Dinner, 69, 93, 119.  
 — tart, Lunch, 128, 149.  
 — tartlets, Dinner, 35. Lunch, 18, 57.

Chesham tart, Dinner, 146, 153.  
 — — Lunch, 40, 115.

Chestnut Charlotte (shar'lot), Dinner, 163.  
 — soup, Dinner, 4.

Chicken and ham roll, Lunch, 190.  
 — boiled, Dinner, 23, 31, 42, 73, 90, 104, 112, 155.  
 — breasts, creamed, Lunch, 71.  
 — broth, Dinner, 32, 74, 105, 124.  
 — — Lunch, 39, 55.  
 — casserole (kass'er-öö) of, Dinner, 30, 66.  
 — cold, Dinner, 199. Lunch, 173.  
 — fried, Dinner, 41.  
 — grilled, Dinner, 69, 93, 100.  
 — left-over, menus for, broth, 55, 124.  
 — — croquettes (krô-ket'), 24.  
 — — curry, 124.  
 — — giblet soup, 24.  
 — — liver rolls, Dinner, 3, 55, 90, 124, 141.  
 — — ramekins (ram'e-kinz), 156.  
 — — salad, 90, 113.  
 — liver rolls, Dinner, 3, 55, 141.  
 — — High Tea, 90, 124.  
 — — ramekins (ram'e-kinz), Lunch, 156.  
 — roast, Dinner, 1, 55, 123, 133, 176, 177, 199.  
 — — salad, Lunch, 90, 105, 113.

Children, diet for, 197.  
 — dinner menus for, 198-199.  
 — milk for, xvi, 197.

Chocolate Bavarais (bä'vär-wä), Dinner, 177.  
 — blancmange (bla-mäñzh'), Dinner,

48, 199. Lunch, 6, 64, 66, 75, 89, 125, 136, 148, 171, 179.

Charlotte (shar'lot), Dinner, 87, 97, 146.  
 — cream pie, Dinner, 13, 60, 112.  
 — creams, Dinner, 38, 63, 107.  
 — hedgehog, 168.  
 — ice-cream, Dinner, 86, 118.  
 — mousse (móös), Dinner, 57, 70, 88, 105, 153.  
 — pudding, baked, Dinner, 2, 103, 111, 115, 138, 198. Lunch, 29, 155, 165.  
 — — steamed, Dinner, 7.  
 — — — Lunch, 45, 67.  
 — sauce, 61.  
 — soufflé (sööf'lä), Dinner, 18, 28, 55, 79, 150.  
 — trifle, Dinner, 42.  
 — wafers, 102.

Cider syrup, 168.

Clear soup, Dinner, 43, 45, 49, 68, 87, 126, 143, 175, 176. Lunch, 173.

— — Baden - Baden (bä'den - bá den), Dinner, 9.  
 — — Colbert (col'bér), Dinner, 12, 35.  
 — — Espagnol (es-pä'nyöö), Dinner, 119, 167.

Cock-a-leckie, Dinner, 132.

Cocktail party, menus, 172.

Cocos blancmange (bla-mäñzh), Lunch, 104.  
 — — kisses, High Tea, 37, 49.  
 — — pie, Dinner, 31.

Cod, boiled, Dinner, 153. Lunch, 7.  
 — steaks, Dinner, 26, 138.  
 — — Lunch, 80, 111.  
 — — — au gratin (ö grá'tin), Dinner, 23, 70, 162.  
 — — — baked stuffed, Dinner, 119.

Cod's roe, Breakfast, 34, 139, Lunch, 22.  
 — — curried, Dinner, 155.

Coffee creams, Dinner, 37, 58, 152.  
 — — Lunch, 73.  
 — — ice-cream, Dinner, 84, 123.

Colbert (col'bér), clear soup, Dinner, 12, 35.

Cole slaw, 36.

College pudding, Lunch, 135, 141.

Colllops, Scotch, Dinner, 93, 153, 187, 198. High Tea, 20. Lunch, 9, 14, 27, 43, 63, 84, 110, 140.

— — left-over, menu for using, au gratin (ö grá'tin), 94.

Constipation, to avoid, xiv-xvi.

Cooking, order of, xvii-xviii.

Corn, cream of, Dinner, 39, 45, 104, 116, 156.

— fritters, Breakfast, 36, 78, 91, 94.

# INDEX AND

Corn fritters, Dinner, 8, 26.  
 — pudding, Lunch, 41.  
 — scramble, Lunch, 151.  
 Cornflour blancmange (bla-mawnzh),  
     Lunch, 150.  
 Cornish pasties, High Tea, 138, 163.  
 — Lunch, 45.  
 Corrective foods, xv-xvi.  
 Cottage pudding, Dinner, 162, 188.  
 — Lunch, 13, 56, 157.  
 — cherry, Lunch, 37.  
 — puddings, Dinner, 5.  
 Crab croquettes (krô-ket'), Dinner, 5,  
     28, 76, 159.  
 — dressed, Dinner, 166. Lunch, 36, 149.  
 — mayonnaise (mâ-on-âz'), High Tea,  
     114.  
 — mock, High Tea, 166.  
 — rarebit (rab'it), High Tea, 12.  
 — salad, High Tea, 137.  
 — scalloped, Dinner, 92, 120.  
 — High Tea, 46, 85, 112. Lunch, 66.  
 Cranberry compôte (kom'pôt), 164.  
 — flan, Dinner, 168.  
 — fool, Dinner, 166.  
 Crawfish au gratin (ô grâ'tin), Dinner,  
     141.  
 — mayonnaise (mâ-on-âz'), Dinner, 51.  
 — tails Newburg, Dinner, 154.  
 Cream caramel, Dinner, 11, 28, 36, 46,  
     63, 67, 72, 77, 81, 94, 100, 109, 113,  
     126, 137, 143, 149, 156, 160, 164,  
     178.  
 — dressing, 122.  
 — sauce, sweet, 7.  
 — savoury, 151.  
 Creole rarebit (crê'ôl rab'it), Dinner,  
     162.  
 — Risotto (riz-ot'ô), Lunch, 180.  
 Curries, various, Breakfast, 40, 56, 118,  
     145.  
 — Dinner, 16, 92, 117, 155.  
 — High Tea, 12, 42, 60, 148, 154.  
 — Lunch, 25, 29, 32, 67, 124, 151,  
     162, 170.  
 Custard, baked, Dinner, 37, 50, 176.  
 — Lunch, 31, 69, 92, 110, 128, 137,  
     144, 149, 158.  
 — sauce, orange, 10.  
  
 DATE PUDDING, Dinner, 9, 24.  
 — Lunch, 17, 179.  
 Devil's Food cake, 69.  
 Dissolvents, xv-xvi.  
 Doncaster pie, Lunch, 141.  
 Duck, curried, Dinner, 117. Lunch, 29.  
 — left-over, menus for using, curried, 29.  
 — moulds, 57.

Duck, mock, Dinner, 35, 65, 187.  
 — moulds, Dinner, 57.  
 — roast, Dinner, 28, 46, 57, 70, 88,  
     102, 116, 137.  
 — wild, Dinner, 163.  
 Duckling, roast, Dinner, 77.  
 Dundee cake, 93.  
  
 EAST WIND, Dinner, 144.  
 Economy hints, xvii.  
 Egg and pimento (pi-men'tô) scramble,  
     53.  
 — dishes, Breakfast, 1, 5, 7, 8, 10, 11,  
     12, 14, 15, 17, 18, 20, 23, 25, 26,  
     31, 33, 34, 38, 40, 42, 44, 46, 49,  
     50, 51, 53, 54, 58, 61, 62, 64, 65,  
     66, 69, 71, 73, 75, 77, 82, 84, 85,  
     87, 89, 90, 91, 95, 97, 100, 102, 103,  
     104, 106, 109, 111, 113, 114, 116,  
     119, 120, 123, 125, 128, 129, 132,  
     133, 134, 136, 138, 141, 145, 146,  
     147, 149, 152, 156, 159, 161, 164,  
     167, 174, 176, 177, 178, 179, 182,  
     184, 190, 191, 193, 196. Dinner, 46.  
 High Tea, 1, 3, 5, 6, 9, 13, 14,  
     18, 25, 26, 29, 32, 38, 42, 47, 52,  
     61, 62, 68, 70, 72, 77, 84, 87, 91,  
     93, 107, 117, 127, 129, 138, 148,  
     154, 155, 164. Lunch, 16, 25, 36, 56,  
     67, 80, 103, 122, 131, 170, 175, 192.  
 Eggs, Florentine (flor'en-tén), Dinner,  
     170. Lunch, 36, 52.  
 — Russian, Dinner, 46.  
 Energy, foods for, xv.  
 Espagnol (es-pâ nyol), clear soup, Dinner,  
     119.  
 Eve's pudding, Dinner, 198. Lunch, 140.  
  
 FAIRY PUDDING, Dinner, 39.  
 — Lunch, 90.  
 Farina (fa-ré'na) mould, Lunch, 101.  
 Fats, xiv-xvi.  
 Fattening diet, 177.  
 Fig pudding, Lunch, 121, 154.  
 — tapioca, Lunch, 63, 70.  
 Finnan croutes (krôôt), Dinner, 103.  
 — High Tea, 9, 50, 88, 139, 151.  
 — haddock, Breakfast, 8, 14, 24, 29, 36,  
     55, 65, 73, 80, 85, 99, 102, 115,  
     124, 131, 176, 184, 191.  
 — Lunch, 44, 123.  
 — kedgeree (ked-jer'ë), Breakfast, 19,  
     33, 42, 59, 72, 75, 84, 94, 109, 121,  
     142, 155, 160, 168.  
 Fish and chips, High Tea, 3, 28, 36,  
     37, 63, 97, 101, 106, 123, 137, 150.  
 — — Lunch, 2, 73, 144, 154, 182, 188,  
     195.

## PRONOUNCING GLOSSARY

**Fish au gratin** (ō grā'tin), Dinner, 9.  
 — cakes, Breakfast, 7, 13, 49, 57, 83, 135.  
     — Dinner, 90, 111.  
     — croquettes (krō-ket'), Lunch, 5.  
     — in batter, fried, High Tea, 75.  
     — left-over, menu for using, cakes, 7.  
     — mayonnaise (mā-on-āz'), High Tea, 67.  
     — pie, High Tea, 55, 66, 116.  
     — Lunch, 17, 42, 76, 84, 118, 136,  
         147, 168, 178.  
     — Russian, Dinner, 48.  
     — — — High Tea, 76.  
     — — — Lunch, 79, 105, 114, 138, 157.  
     — scalloped, Lunch, 187.  
**Flapjacks**, 129.  
**Florentine** (flor'en-tēn) eggs, Dinner,  
     170. Lunch, 32, 56.  
**Florentines** (flor'en-tēnz), 30.  
**Flounders**, Dinner, 124.  
**Flummery**, Lunch, 124.  
**Food allowance**, to divide, xvi.  
**French bean salad**, 119.  
**Fruit cocktail**, 46.  
     — flan, Dinner, 14. Lunch, 184.  
     — fool, Dinner, 171, 180.  
     — jelly, Dinner, 174. Lunch, 169, 183.  
     — roll, Dinner, 170, 186. Lunch, 7, 160.  
     — roly-poly, Dinner, 195.  
     — sponge, Dinner, 24, 175.  
     — trifle, Dinner, 148, 151, 158, 181.  
**GAMMON**, grilled, Breakfast, 80, 93,  
     109, 121, 147.  
     — Dinner, 159. Lunch, 65.  
**Giblet soup**, Dinner, 24, 125.  
**Ginger pudding**, Dinner, 15.  
     — wafers, 99.  
**Gingerbread pudding**, Lunch, 21, 42.  
**Gingersnap pudding**, Lunch, 33.  
**Goose**, cold, Lunch, 50.  
     — devilled legs of, Lunch, 125.  
     — left-over, menus for using, devilled  
         legs, 125.  
     — giblet soup, 125.  
     — Spanish meat loaf, 125.  
     — roast, Dinner, 49, 123.  
**Gooseberry flan**, Lunch, 37.  
     — fool, Dinner, 27, 59, 93.  
     — roly-poly, Lunch, 20.  
     — tart, Dinner, 33, 62, 66, 71, 82, 120,  
         142, 162.  
     — tartlets, Dinner, 83. Lunch, 46.  
**Grape jelly**, Lunch, 4.  
     — tartlets, Dinner, 41.  
**Green pea**, cream of, Dinner, 2, 51, 60,  
     81, 94, 99, 122, 133, 160, 169, 179.  
     — — — purée (pū'rē), Dinner, 34, 154.  
**Greengage fool**, Dinner, 121, 135.  
**Greengage jelly**, Lunch, 32.  
     — milk jelly, Lunch, 124.  
     — tart, Dinner, 97, 117. Lunch, 112.  
**Grill**, mixed, Dinner, 156.  
**Ground rice mould**, Lunch, 23, 41, 53,  
     67, 75, 88, 95, 109, 121, 139.  
**Grouse**, casserole (kass'er-ōl) of, Dinner,  
     108.  
     — roast, Dinner, 112, 122.  
**Gruyère** (grū'yēr) tit-bits, 8.  
**Guests**, unexpected, xii-xiii.  
**Guinea fowl**, casserole (kass'er-ōl) of,  
     Dinner, 12, 22, 52, 79.  
     — — — croquettes (krō-ket'), Dinner, 91.  
     — — — left-over, menus for using, cro-  
         quettes (krō-ket'), 91.  
     — — — — salad, 22.  
     — — — pot-roast of, Dinner, 84.  
     — — — roast, Dinner, 104, 153.  
     — — — salad, Lunch, 22.  
     — — — Voisin (vwā'zēn), Dinner, 44, 91,  
         115.  
**Gurnet** (ger'net), scalloped, Dinner, 147.  
**HADDOCK**, baked, Dinner, 123.  
     — High Tea, 5, 69, 135. Lunch, 42.  
     — Finnans, see **FINNAN HADDOCK**.  
     — fried, Dinner, 125.  
     — kedgeree (ked-jer-ē'), Breakfast, 61.  
     — roes, Breakfast, 160.  
     — scalloped, High Tea, 107.  
     — soup, Dinner, 23.  
**Haggis**, Scotch, High Tea, 21.  
     — Lunch, 126, 144.  
**Hake**, Dinner, 14, 114. Lunch, 30.  
     — pie, Lunch, 168.  
     — scalloped, High Tea, 67, 120.  
     — steaks, fried, Dinner, 161.  
**Halibut**, boiled, Dinner, 16, 20, 30, 38,  
     61, 65, 74, 80, 86, 109, 136, 199.  
     — braised, Dinner, 159.  
     — **Florentine** (flor'en-tēn), Dinner, 146,  
         152.  
     — **Mornay**, Dinner, 98.  
     — steaks au gratin (ō grā'tin), Dinner,  
         144.  
**Ham**, Breakfast, 78, 85, 167.  
     — High Tea, 23, 36, 157.  
     — Lunch, 12, 76, 78, 80, 89, 97, 106, 120,  
         126, 135, 137, 160, 179, 189.  
     — à la king, High Tea, 33.  
     — — — Lunch, 55, 58, 81, 124.  
     — and egg pie, High Tea, 76, 81, 93.  
     — baked, Dinner, 8, 23, 160. Lunch, 134.  
     — grilled, Breakfast, 6. Lunch, 85.  
     — jellied, High Tea, 38.  
     — left-over, menus for, à la king, 81.  
     — loaf, 134.

## INDEX AND

Harn. left-over, omelet, 9, 24.  
— rabbit (rab'it), 163.  
— loaf, Breakfast, 22. High Tea, 22, 130. Lunch, 130.  
— omelet, Breakfast, 9, 24, 60, 68, 81, 110, 117, 138.  
— rabbit (rab'it), Lunch, 163.  
Hamburg loaf, Dinner, 51, 70, 154, 168, 176, 198. High Tea, 77, 149, 168.  
— Lunch, 92, 129, 148, 155.  
— steaks, Dinner, 24, 33, 42, 74, 138.  
— High Tea, 61. Lunch, 18, 98, 120.  
Hare, jugged, Dinner, 5, 114, 136, 145, 168. Lunch, 156.  
— left-over, menus for, paste, 126, 146.  
— soup, 136.  
— paste, High Tea, 126, 146.  
— soup, Dinner, 115, 125, 136, 156.  
Haricot bean purée (pū'rā), Dinner, 36, 147.  
— beans, buttered, 15.  
— mutton, see MUTTON, HARICOT.  
Hawaiian (ha-wi'an) cabbage salad, 122.  
Hazel hen, casserole (kass'er-ōl) of, Dinner, 86.  
— roast, Dinner, 21, 50.  
Heat supplying foods, xv.  
Herring, fried or grilled, Breakfast, 28, 38, 52, 60, 88, 95, 97, 120, 140, 153, 195. Dinner, 1, 36, 115, 136, 155. High Tea, 6, 14, 33, 41, 72, 82, 98, 110, 159.  
— Lunch, 24, 48, 55, 61, 69, 77, 109, 123, 128, 146, 164, 180, 184, 186.  
— pickled, High Tea, 103.  
— Lunch, 152, 176.  
— smoked, High Tea, 87.  
— canapés (kā'nā-pā), Dinner, 47.  
Honeycomb mould, Dinner, 12, 186.  
— Lunch, 9, 25, 34, 42, 59, 62, 65, 72, 74, 79, 83, 96, 108, 118, 130, 138, 150, 156, 160, 164, 175.  
Hors d'Œuvres (or-dævr'), 47, 78, 95, 104, 171.  
Hotch-potch, Dinner, 90, 100, 135.  
Hot-pot, Lancashire, Dinner, 41, 111, 140. Lunch, 49, 59, 157.  
— mutton, Dinner, 10.  
ICE-CREAM, chocolate, Dinner, 86, 119.  
— coffee, Dinner, 84, 123.  
— strawberry, Dinner, 80, 90.  
— vanilla, Dinner, 61, 65, 68, 72, 76, 79, 81, 88, 98, 102, 108, 180, 199.  
— Lunch, 122.  
Irish stew, Dinner, 194. Lunch, 23, 38, 129, 140, 147, 153, 161.  
JAM OMELET, Dinner, 19, 125, 135. Jellies, various flavours, Dinner, 21, 45, 77, 119, 174. Lunch, 4, 15, 41, 79, 85, 88, 104, 107, 118, 169, 177, 183.  
Junket, Dinner, 173, 199. Lunch, 44, 46, 50, 51, 54, 70, 74, 82, 84, 92, 94, 100, 101, 106, 112, 126, 136, 176.  
KEDGEREE (ked-jer-ē'), Breakfast, 2, 10, 19, 26, 33, 42, 48, 59, 61, 70, 72, 75, 84, 94, 100, 105, 108, 113, 121, 129, 142, 150, 155, 160, 164, 168, 180, 187.  
Kenya Rings, 38.  
Kidney and mushroom toasts, High Tea, 97.  
— omelet, Breakfast, 30, 36.  
— Dinner, 44. Lunch, 93.  
— soup, Dinner, 17, 37, 67, 79, 95, 102, 137, 141, 153, 180. Lunch, 25.  
Kidneys and macaroni, Lunch, 53.  
— devilled, High Tea, 27, 73.  
— Lunch, 94, 104.  
— en Brochette (en brosh-ēt), Dinner, 59, 88. Lunch, 12, 83.  
Kidneys, grilled, Breakfast, 3, 11, 17, 25, 35, 43, 46, 55, 59, 69, 76, 78, 92, 105, 110, 115, 125, 134, 138, 149, 159. Dinner, 184. High Tea, 19, 100, 120, 168. Lunch, 7.  
— stewed, Lunch, 62, 109.  
Kipper toasts, Dinner, 39, 127.  
— High Tea, 103, 167.  
Kippers, Breakfast, 4, 9, 19, 39, 41, 47, 54, 63, 67, 71, 76, 82, 87, 96, 100, 109, 116, 127, 133, 137, 140, 141, 145, 148, 152, 157, 162, 166, 174, 182, 186, 189, 194.  
— High Tea, 15, 22, 29, 48, 59, 80, 106.  
— au gratin (ə grātēn), Dinner, 11, 28.  
LAMB CHOPS, Dinner, 47, 121.  
— cold, Dinner, 75, 85, 99, 127, 174.  
— Lunch, 13, 20, 31, 57, 64, 79, 137, 157.  
— curried, Lunch, 32, 100.  
— cutlets, Dinner, 9, 17, 27, 49, 55, 61, 73, 77, 87, 94, 109, 152, 180.  
— jellied, Lunch, 115.  
— left-over, menus for, curried, 32, 100.  
— jellied, 138.  
— pasties, 64, 86.  
— pasties, High Tea, 13, 64, 86.  
— roast, Dinner, 13, 20, 28, 31, 58, 63, 74, 78, 85, 99, 115, 127, 137, 150, 158, 173, 198.  
— salad, jellied, Lunch, 137.  
— stewed, Lunch, 136.

## PRONOUNCING GLOSSARY

Lancashire hot-pot, Dinner, 41, 111, 140. Lunch, 49, 59, 157.

Lawn tennis cake, 84.

Left-overs, suggestions for, x.

Lemon blancmange (bla-mawñzh), Dinner, 175, 182.

— — — Lunch, 17, 38, 85, 102.

— cheese, 95.

— — — tartlets, Dinner, 8.

— — — Lunch, 17, 102, 190.

— cream pie, Dinner, 41, 47. Lunch, 164.

— meringue (me-rang') pie, Dinner, 7, 56, 73, 85, 101, 121, 130.

— milk jelly, Dinner, 13.

— — — Lunch, 63, 68, 90, 141, 180.

— sauce, 15.

— soufflé (sôô'fli), Dinner, 46.

— sponge, Dinner, 199.

— — — Lunch, 53, 100, 127.

— turnips, 63.

Lentil purée (pü'râ), Dinner, 3, 23, 54, 110, 138, 158. Lunch, 65.

Lime curd tartlets, Dinner, 148, 157.

Liver and bacon, Breakfast, 88, 196.

— — — Dinner, 192. High Tea, 109, 117.

— — — Lunch, 10, 33, 44, 63, 65, 75, 159.

— — — toasts, High Tea, 100.

— — — casserole (kass'er-ôl) of, Dinner, 7, 23, 105, 119, 137, 149, 179, 198.

— — — High Tea, 28. Lunch, 37, 102.

— — — pâté (pâ'tâ), Dinner, 42, 87.

— — — High Tea, 8, 26, 92, 99, 160.

— — — toast, Dinner, 4.

— — — sausage, High Tea, 10, 47, 74, 80.

— — — canapés (kâ'nâ-pâ), Dinner, 123.

— — — — — Lunch, 38.

Lobster au gratin (ô grâ'tin), Dinner, 26, 106, 167.

— devilled, Lunch, 108.

— mayonnaise (mâ-on-âz'), Dinner, 66.

— mould, Dinner, 99.

— Newburg, Dinner, 34, 45, 64, 82, 90, 114, 164.

— Thermidor (tér'mi-dor), Dinner, 77.

Loganberry Charlotte (shar'lot), Dinner, 3, 84.

— flan, Dinner, 96.

— fool, Dinner, 32, 53, 74, 137, 150.

— — — Lunch, 97.

— — — roll, Dinner, 52.

MACARONI AND HAM PIE, High Tea, 115.

— cheese, High Tea, 18, 21, 95.

— — — Lunch, 19, 40, 56, 57, 178, 183.

— — — croquettes (krô-ket'), Lunch, 46, 64, 70.

— — — scalloped, Lunch, 133, 169.

Mackerel, Breakfast, 51. Dinner, 6, 143. High Tea, 96. Lunch, 40, 65, 86.

— baked stuffed, Lunch, 130.

Malnutrition, to avoid, xiv-xvii.

Mandarin trifle, Dinner, 168.

Marmalade pudding, Dinner, 12, 196.

— — — Lunch, 34, 146, 161.

Marrow soufflé (sôô'fli), 145.

Meat balls, Oxford, Lunch, 32.

— — — cakes, High Tea, 21. Lunch, 93, 109.

— — — loaf, 8, 145, 188.

Meatless menus, 169-171.

— — — to plan, 169.

Melton Mowbray pie, High Tea, 74, 109, 123, 157. Lunch, 4, 91, 97, 104.

Menus, to alter, xi-xii.

Midget scramble, Breakfast, 144.

Milk jellies, various, Dinner, 13, 174.

— — — Lunch, 23, 39, 57, 60, 63, 68, 86, 90, 109, 112, 124, 141, 163, 180.

— — — value of, xvi.

Mince pies, Lunch, 167.

— — — tart, Dinner, 161. Lunch, 49.

Mincemeat roll, Dinner, 17.

Minerals, xv.

Minestrone (min-es-trô'ni), Dinner, 12, 29, 43, 75, 96, 108, 127, 134, 146, 159.

Mixed grill, Dinner, 156.

Mock crab, High Tea, 166.

— — — duck, cold, Lunch, 35.

— — — roast, Dinner, 35, 65, 187.

— — — fillets of sole, Dinner, 171.

— — — turtle soup, Dinner, 7, 27, 31, 71, 93, 108, 120, 140.

Mullet, Red, Dinner, 134.

Mulligatawny (mul-i-ga-taw'ni) soup, Dinner, 11, 28, 58, 70, 74, 112, 141, 150, 164, 191.

Mushroom and kidney toast, High Tea, 97.

— — — — — tomato canapés (kâ'nâ-pâ), Dinner, 16.

— — — cream of, Dinner, 11, 20, 41, 44, 66, 79, 92, 113, 150. Lunch, 9, 189.

— — — omelet, Breakfast, 83, 98, 126, 132, 180, 192. Dinner, 128. Lunch, 16, 70, 171.

— — — relish, 164.

— — — toasts, Dinner, 107.

— — — stuffed, High Tea, 131.

Mushroomettes, 172.

Mushrooms, Breakfast, 103.

— — — Dinner, 34, 130, 133, 138, 144, 160, 170, 171. High Tea, 48, 76, 105, 109, 121, 127, 135.

— — — left-over, menu for using, omelet, 16.

Mutton, boiled, Dinner, 131.

## INDEX AND

Mutton broth, Dinner, 26.  
 — chops, Dinner, 1, 22, 38, 60, 72, 80, 103, 113, 142, 148, 161.  
 — cold, Dinner, 12.  
 — — Lunch, 26, 69, 132, 166.  
 — croquettes (krö-ket'), High Tea, 166.  
 — curried, Dinner, 92. Lunch, 162.  
 — cutlets, Dinner, 63, 97.  
 — haricot (har'i-kö), Dinner, 37, 113, 186, 198. Lunch, 6, 146.  
 — hot-pot, Dinner, 10.  
 — left-over, menus for using, broth, 26.  
 — — croquettes (krö-ket'), 166.  
 — — curried, 92.  
 — — salad, 162.  
 — — toad, 132.  
 — pies, High Tea, 34, 56, 60, 104, 140, 145, 159.  
 — roast, Dinner, 11, 25, 68, 92, 166.  
 — salad, Lunch, 162.  
 — stew, Dinner, 51.

NORWEGIAN CREAM, Dinner, 55, 129.

OMELET, asparagus, Breakfast, 79.  
 — — High Tea, 75.  
 — bacon, Breakfast, 163.  
 — — High Tea, 54, 150.  
 — ham, Breakfast, 9, 24, 60, 68, 77, 81, 111, 117, 138.  
 — jam, Dinner, 19, 125, 135.  
 — kidney, Breakfast, 30, 36, 44.  
 — — Lunch, 93.  
 — mushroom, Breakfast, 83, 98, 126, 132, 180, 192.  
 — — Dinner, 128. Lunch, 16, 70, 171.  
 — one egg, Breakfast, 174.  
 — sardine, Lunch, 130.  
 — savoury, Breakfast, 63, 88, 89, 122, 142, 154.  
 — shrimp, High Tea, 5, 7, 73.  
 — Spanish, Dinner, 169. High Tea, 119.  
 — spinach (spin'ij), Breakfast, 107, 148.  
 — tomato, Breakfast, 13, 21, 53, 180.  
 — tongue, Breakfast, 1, 28, 31.  
 Onion soup, Dinner, 10, 46, 97, 99, 121, 145. Lunch, 6, 165.  
 Orange and mint salad, 88.  
 — custard sauce, 10.  
 — fritters, Dinner, 17, 143, 198.  
 — meringue (mer-rang') pie, Dinner, 26, 114.  
 — milk jelly, Lunch, 57, 60, 109.  
 — roll, Lunch, 24.  
 — sponge, Lunch, 56, 136.  
 Oxford meat balls, Lunch, 39.  
 Oxtail, braised, Dinner, 16.

Oxtail soup, Dinner, 5, 29, 40, 64, 122, 160.  
 Oyster cocktail, Dinner, 39, 128.  
 — rarebit (rab'it), High Tea, 158.  
 — stew, Dinner, 64, 102. Lunch, 18.  
 Oysters, Dinner, 4, 124, 167.  
 — — au gratin (ð grä'tin), Dinner, 127, 148.  
 — — in batter, fried, Dinner, 45.  
 — — scalloped, Dinner, 54, 130, 168.

PANCAKES, Dinner, 73, 184.  
 — Lunch, 30, 143, 155, 158.  
 — Californian, Lunch, 171.  
 — Celestine (säl'es-tén), Dinner, 34.  
 — potato, 6.  
 Partridge, roast, Dinner, 117, 129, 149.  
 Passion fruit cocktail, 157.  
 Paté de foie gras (pä-tä de fwä grä), Dinner, 168.

Peach Betty, Dinner, 1, 116.  
 — flan, Dinner, 21, 53, 171.  
 — fritters, Dinner, 31, 34.  
 — trifle, Dinner, 178. Lunch, 84.  
 Peaches, left-over, menus for, syrup, 31.  
 — — trifle, 178.

Pear flan, Dinner, 27, 76. Lunch, 16.  
 Petrushkas (pet-röosh'kaz), 29.  
 Pheasant, Bohemian, casserole (kass'er-öö) of, Dinner, 94, 146.  
 — boiled, Dinner, 142.  
 — left-over, menu for using, paste, 4.  
 — paste, High Tea, 4.  
 — roast, Dinner, 4, 138, 159, 168.  
 Pigeons, stewed, Dinner, 44, 76.  
 Pineapple amber, Dinner, 140.  
 — Charlotte (shar'lot), Dinner, 78, 91, 101, 118, 127, 154, 177.  
 — flan, Dinner, 5, 158.  
 — fresh, to serve, 63.  
 — fritters, Lunch, 28, 51, 78, 96, 114.  
 — jelly, Lunch, 107.  
 — left-over, menus for using, Charlotte (shar'lot), 101, 118.  
 — — fritters, 51, 78, 96.  
 — — sponge, 39.  
 — milk jelly, Lunch, 23, 112.  
 — soufflé (sööf'lä), Dinner, 9, 143, 162.  
 — sponge, Lunch, 39, 86, 132.  
 — trifle, Dinner, 50, 52, 64.  
 Plaice, Dinner, 10, 26, 50, 57, 69, 75, 84, 100. Lunch, 6, 116, 121.  
 — — au gratin (ð grä'tin), Dinner, 63, 139, 164.  
 — — baked stuffed, Dinner, 113.  
 Planning menus, xiv-xvii.  
 Plovers (pluv-erz), roast, Dinner, 128.  
 Plum flan, Dinner, 116.  
 — pudding, Dinner, 167.

## PRONOUNCING GLOSSARY

**Plum pudding**, fried, Lunch, 167.  
 — summer pudding, Dinner, 109.  
 — tart, Dinner, 100, 104. Lunch, 115.  
**Polish rabbit**, Lunch, 73.  
**Poloni** (pol'-ō'ni), Lunch, 13.  
**Pork, casserole** (*kass'er-ō'l*) of, Dinner, 2.  
 — chops, Dinner, 10, 40, 128, 137, 192.  
 — — Lunch, 37.  
 — cold, Dinner, 5, 33, 120, 134, 144, 191. High Tea, 45.  
 — — Lunch, 25, 52, 113, 155.  
 — **croquettes** (krō-kē't), Lunch, 144.  
 — curried, Dinner, 17.  
 — custards, baked, Lunch, 33.  
 — galantine, High Tea, 26. Lunch, 11.  
 — left-over, menus for, croquettes, 144.  
 — — curried, 16.  
 — — custards, 33.  
 — — salad, 46, 114.  
 — — terrapin, 5, 30, 135, 156.  
 — pie, High Tea, 2, 44, 128, 132, 144, 149, 196. Lunch, 9, 21, 48, 62, 116, 168, 185, 190.  
 — roast, Dinner, 4, 15, 24, 29, 32, 52, 113, 120, 134, 144, 155.  
 — stuffing for, 24.  
 — terrapin, High Tea, 156.  
 — — Lunch, 5, 30, 135.  
**Potato and carrot soup**, Dinner, 196.  
 — cream of, Dinner, 17, 57, 113, 117, 123.  
 — pancakes, 6.  
 — soup, Dinner, 161.  
**Potatoes, baked stuffed**, 19.  
 — Lyonnaise (lē-on-āz'), 42.  
 — stoved, 132.  
**Praline** (prā'lēn), kisses, 160.  
**Prawn curry**, Breakfast, 40, 56, 118, 145.  
 — — High Tea, 12, 60, 148. Lunch, 21.  
 — **mayonnaise** (mā-on-āz'), High Tea, 85, 94.  
 — salad, High Tea, 29.  
**Prawns au gratin** (ō grā'tin), Dinner, 105.  
**Proteins** (prō-tēnz), xiv-xv.  
**Prune fool**, Dinner, 29.  
 — fritters, Lunch, 35, 146.  
  
**QUANTITIES** per person, xiii.  
**Queen of puddings**, Lunch, 62, 117, 145, 159, 182.  
**Quince sponge**, Dinner, 49.  
  
**RABBIT**, baked, Lunch, 132.  
 — broth, Dinner, 10, 119, 164. Lunch, 8.  
 — casserole (*kass'er-ō'l*) of, Dinner, 144.  
 — fried, Dinner, 28, 38. Lunch, 119, 151.  
 — galantine, High Tea, 125.  
 — left-over, menus for using, broth, 8, 10, 114.  
 — Rabbit, left-over, mould, 152.  
 — mould, Lunch, 152.  
 — pie, Dinner, 140. High Tea, 113.  
 — — Lunch, 18, 23, 163.  
 — stewed, Dinner, 184, 195, 198.  
 — — Lunch, 10, 166.  
**Raisin bread pudding**, Lunch, 35.  
 — puffs, Dinner, 35.  
 — rice pudding, Lunch, 12, 138.  
**Rarebit** (rab'it), buck, High tea, 6, 143, 154.  
 — crab, High Tea, 12.  
 — creole (kré'ō'l), Dinner, 162.  
 — ham, Lunch, 163.  
 — oyster, High Tea, 158.  
 — Welsh, Dinner, 1, 17, 48, 57, 126, 145.  
 — — High Tea, 43, 54, 71, 105, 109, 115, 120, 145, 163.  
 — — Lunch, 170, 184, 186.  
**Raspberry Charlotte** (shar'lot), Dinner, 18, 40, 60, 133.  
 — milk jelly, Dinner, 174. Lunch, 39.  
 — sponge, Dinner, 45.  
 — summer pudding, Dinner, 87.  
**Recipes**, to find, x.  
**Red currant fool**, Lunch, 87.  
**Rhubarb Betty**, Lunch, 64.  
 — chutney, 50.  
 — fool, Dinner, 42, 71.  
 — jelly, Lunch, 41.  
 — summer pudding, Lunch, 68.  
**Rice and pineapple**, Dinner, 16.  
 — apricot, Lunch, 114.  
 — Belgian, Lunch, 3.  
 — creamed, Dinner, 199.  
 — — Lunch, 45, 105, 153, 166.  
 — custard, Lunch, 147.  
 — mould, coffee, Dinner, 131.  
 — pudding, baked, Lunch, 5.  
 — — raisin, Lunch, 12, 138.  
**Risotto** (riz-ōtō'), Lunch, 46.  
 — creole (kré'ō'l), Lunch, 180.  
**Ritz creams**, Dinner, 3, 83.  
 — fool, Dinner, 128.  
**Roe, cod's**, Breakfast, 34, 139.  
 — — Lunch, 22.  
 — — curried, Dinner, 155.  
 — smoked, Dinner, 10.  
**Roes, haddock**, Breakfast, 160.  
 — on toast, Dinner, 21, 24, 10, 41, 92, 109, 112, 129, 139.  
**Roly-poly**, fruit, Dinner, 195.  
 — gooseberry, Lunch, 20.  
 — savoury, Lunch, 150, 160.  
 — strawberry, Lunch, 30.  
**Romney** (rum'ni), patties, High Tea, 134.  
**Russian eggs**, Dinner, 46.

## INDEX AND

SAGO PUDDING, baked, Lunch, 10, 152.  
 Salad dressing, hot, 36.  
 Salmon bisque (bēsk), Dinner, 16, 87.  
 — boiled, Dinner, 27, 33, 39, 41, 59,  
     62, 79, 89, 110, 118, 126.  
 — High Tea, 81.  
 — cakes, Breakfast, 3, 16, 21, 32, 45, 62,  
     66, 68, 74, 96, 104, 110, 122, 156,  
     188. High Tea, 34, 52, 78.  
 — creamed, Dinner, 183.  
 — croquettes (krō-kēt'), Dinner, 42, 61.  
 — High Tea, 20, 133.  
 — cutlets, Dinner, 15, 22.  
 — kedgeree (ked-jer-ē'), Breakfast, 48,  
     70, 113, 129, 150, 164.  
 — left-over, menus for using, cakes, 16.  
 — kedgeree, 164.  
 — mayonnaise (mā-on-āz'), 34, 59,  
     63, 72, 90, 119.  
 — scallops, 126.  
 — loaf, Dinner, 199. High Tea, 7.  
 — Lunch, 29, 49, 91, 107, 117, 143,  
     164, 179.  
 — mayonnaise (mā-on-āz'), High Tea,  
     83, 119. Lunch, 34, 72, 90.  
 — scallops, Dinner, 103.  
 — High Tea, 126, 151, 162.  
 — smoked, Dinner, 3, 49, 163.  
 — soufflé (sōō-flā'), Dinner, 1, 53, 75,  
     80, 95. High Tea, 155. Lunch, 88.  
 — steaks, Dinner, 86, 94, 135.  
 — vol-au-vent (vōl-ō-vān), Lunch, 39.  
 Sardine omelet, Lunch, 130.  
 Sardines, Dinner, 29, 36, 47, 57, 60,  
     84.  
 — High Tea, 1, 16, 32, 49, 65, 86, 89,  
     111, 134, 141, 147, 156.  
 — Lunch, 181, 191.  
 — au gratin (ō grā-tin), High Tea, 122.  
 Sausage and bacon rolls, High Tea, 18.  
 — — egg scramble, Breakfast, 58, 158.  
 — cakes, Breakfast, 18, 22, 32, 50, 112,  
     146, 192. High Tea, 11, 102, 154.  
 — — Lunch, 60.  
 — fritters, Breakfast, 39.  
 — liver, High Tea, 10, 47, 74, 80.  
 — — canapés (kā-nā-pā), Dinner, 123.  
 — — Lunch, 38.  
 — rolls, High Tea, 4, 31, 53, 147, 153.  
 — — Lunch, 195.  
 — smoked, High Tea, 128.  
 Sausages, Breakfast, 1, 6, 23, 30, 41, 43,  
     47, 57, 67, 72, 79, 92, 95, 101, 107,  
     114, 127, 136, 140, 151, 162, 163,  
     168, 178, 181, 187, 194. Dinner,  
     191. High Tea, 37, 82, 116, 136,  
     158, 160. Lunch, 14.

Sausages, tomato, Breakfast, 4, 20, 27,  
     36, 70, 130, 157, 168. High Tea, 51.  
 Savoury roly-poly, Lunch, 150, 160.  
 Scallops au gratin (ō grā-tin), Dinner,  
     13.  
 — fried, Dinner, 156.  
 School lunch boxes, 200.  
 Scotch Angels on horseback, Dinner,  
     24, 33, 40, 78, 97, 153.  
 — broth, Dinner, 2, 7, 31, 48, 84, 97,  
     106, 144, 157, 163, 180, 186.  
 — — colllops, Dinner, 93, 153, 187, 198.  
 — — High Tea, 20. Lunch, 9, 14, 27,  
     43, 63, 84, 110, 140.  
 — — eggs, High Tea, 9, 30, 91, 110, 136.  
 — — Lunch, 195.  
 — — scrapple, Breakfast, 124.  
 Seasonal change of menus, xi.  
 Sernolina (sem-ō-lē'na) mould, Lunch,  
     27, 82, 98.  
 — — pudding, Dinner, 6, 198.  
 — — Lunch, 61, 70, 123, 162.  
 Sheep's hearts, stuffed, Dinner, 69, 83.  
 — — — Lunch, 41, 139.  
 — — tongues, Dinner, 135.  
 Shepherd's pie, Dinner, 182. Lunch, 8,  
     59, 68, 82, 87, 96, 149, 153.  
 — — veal, Lunch, 107.  
 Shrimp cracknels, High Tea, 87.  
 — — omelet, High Tea, 57, 73.  
 — — toast, High Tea, 8, 91.  
 Shrimps, Lunch, 194.  
 — — buttered, High Tea, 144.  
 — — left-over, menu for using, egg and  
     shrimp scramble, 26.  
 — — on toast, High Tea, 25.  
 — — potted, High Tea, 122, 164.  
 Silverside, cold, Lunch, 4, 57, 78, 89,  
     99, 119.  
 — — hash, Lunch, 99.  
 — — left-over, menu for using, hash, 99.  
 — — Scotch boiled, Dinner, 3, 56, 78,  
     89, 98, 119, 150, 175.  
 Sir Walter Raleigh pudding, Dinner,  
     132. Lunch, 10, 52.  
 Skate, Dinner, 12, 72, 107, 140.  
 Slimming, diet for, 173.  
 Smelts, Dinner, 52, 79, 117, 128.  
 — — baked, Dinner, 109.  
 Sole, Dinner, 19, 32, 73, 87, 104, 134,  
     147, 156, 160, 168, 174.  
 — — à la Portugaise (por-tū-gāz'), Dinner,  
     44, 76, 154, 163.  
 — — au gratin (ō grā-tin), Dinner, 18, 88,  
     109, 157.  
 — — Florentine (flor'en-tēn), Dinner, 11,  
     115, 140.  
 — — mock fillet of, Dinner, 171.

## PRONOUNCING GLOSSARY

Sole Mornay, Dinner, 37, 56, 68, 95, 132, 137, 151.  
 — Spaghetti (spa-ge'ti) cheese, Dinner, 191.  
 — — High Tea, 43, 48. Lunch, 187.  
 — — devilled, High Tea, 16, 24, 143.  
 — — Lunch, 50, 75, 110.  
 — — Italian, Dinner, 170. Lunch, 20.  
 — — ragoût (rá-góó'), Lunch, 158.  
 — — scalloped, Lunch, 15.  
 Spanish meat loaf, Lunch, 125.  
 — — omelet, Dinner, 169. High Tea, 119.  
 Spinach (spin'ij), left-over, menus for using, omelet, 107, 160.  
 — — omelet, Breakfast, 107, 148, 160.  
 — — scalloped, 85.  
 Split pea purée (pü'rä), Dinner, 13.  
 Sponge pudding, Lunch, 16, 61, 154, 168.  
 Starchy foods, xii.  
 Steak, Dinner, 6, 14, 34, 57, 65, 79, 84, 89, 101, 105, 125, 130, 133, 146, 158, 163, 174, 178, 183, 190, 194, 198.  
 — — and kidney pie, Dinner, 11, 27, 30, 32, 48, 100, 107, 135, 143, 147, 188, 190, 195. Lunch, 128, 183.  
 — — pudding, Dinner, 14, 43, 126, 151, 164.  
 — — casserole (kass'er-ö) of, Dinner, 95.  
 Strawberry blancmange (bla-mawnzh'), Lunch, 78.  
 — — buns, 149.  
 — — creams, Dinner, 115.  
 — — ice-cream, Dinner, 80, 90.  
 — — jelly, Lunch, 79.  
 — — mousse (móöös), Dinner, 111, 155.  
 — — roll, Lunch, 33.  
 — — roly-poly, Lunch, 30.  
 — — shortcake, Dinner, 15, 75. Lunch, 91.  
 — — tartlets, Lunch, 80.  
 Stuffing for pork, 24.  
 Sultana sponge puff, Lunch, 59, 89.  
 Summer pudding, 68.  
 Sweetbreads, Dinner, 21, 107, 199.  
 — — Lunch, 45.  
 Swiss apple pudding, Lunch, 31, 123, 142.  
 Syrup roll, Lunch, 6.  
 TANGERINE JELLY, Lunch, 85.  
 — — milk jelly, Lunch, 163.  
 — — sponge, Dinner, 30.  
 Tapioca (täp-i-ö'ka) cream, Dinner, 145.  
 — — Lunch, 14, 22, 28, 40, 49, 54, 65, 66, 87, 93, 99, 106, 180.  
 — — fig, Lunch, 63, 76.  
 — — pudding, baked, Lunch, 134.  
 Tea soufflé (sööf'fli), Dinner, 130.  
 Teal, roast, Dinner, 20, 132.  
 Tipsy cake, 136.  
 — — squire, Dinner, 39, 78, 102, 116, 154.  
 Toad-in-the-hole, Dinner, 193.  
 — — High Tea, 40, 132.  
 — — Lunch, 1, 34, 100, 122, 139.  
 Toasties, 172.  
 Tomato and bean purée (pü'rä), Dinner, 129, 150.  
 — — cream of, Dinner, 36, 61, 85, 90, 190.  
 — — Lunch, 53, 137, 153, 177, 181.  
 — — juice cocktail, 22.  
 — — omelet, Breakfast, 13, 21, 53, 180.  
 — — sausages, Breakfast, 4, 20, 27, 36, 70, 130, 157, 168. High Tea, 51.  
 — — soup, Dinner, 1, 14, 33, 59, 68, 73, 76, 81, 88, 109, 166, 174, 175, 179.  
 — — Lunch, 43.  
 Tomatoes, breaded, 25.  
 — — left-over, menu for using, stuffed, 23.  
 — — stuffed, 23, 52, 120, 142.  
 Tongue, Dinner, 12.  
 — — High Tea, 36, 39, 66, 68, 83, 111, 118.  
 — — Lunch, 1, 12, 61, 76, 88, 89, 100, 106, 120, 126, 137, 179, 189.  
 — — and egg mayonnaise (mä-on-äz'), High Tea, 70.  
 — — — scramble, Breakfast, 15.  
 — — — braised, Dinner, 54, 83, 124.  
 — — — creamed, Lunch, 148.  
 — — — left-over, menus for, omelet, 1, 31.  
 — — — salad, 71, 124, 141.  
 — — — toasts, 12.  
 — — — omelet, Breakfast, 1, 28, 31.  
 — — — salad, High Tea, 124. Lunch, 71, 141.  
 — — — toast, Dinner, 12.  
 Treacle scones, 153.  
 — — tart, Dinner, 22, 67, 187, 198.  
 — — — Lunch, 36, 137.  
 Trifles, various, Dinner, 8, 25, 36, 42, 50, 52, 64, 70, 84, 107, 132, 138, 148, 151, 158, 167, 168, 178, 181.  
 Tripe and onion pie, Dinner, 196.  
 — — — Lunch, 133.  
 — — — onions, High Tea, 44, 152.  
 — — — — Lunch, 3, 37, 142, 154.  
 Trout, Dinner, 21, 93.  
 — — à la Meunière (ä la mó'né-är), Dinner, 82, 111, 116, 133, 149.  
 — — Rainbow, Dinner, 62, 97, 119.  
 Tunny fish canapé (ká ná-pá), Dinner, 5, 35, 43, 148.  
 — — — — High Tea, 92, 95, 113.  
 — — — — scallops, Dinner, 68, 131.  
 Turbot, Dinner, 42, 66, 83, 121, 138, 143.  
 — — — — Florentine (flor'en-tén), Dinner, 54, 101, 161, 168.

# INDEX AND PRONOUNCING GLOSSARY

Turbot, left-over, menus for using, Veal, olives, Dinner, 36, 87, 168.  
     — scallops, 67.  
 Turkey and ham croquettes, High Tea, — roast, Dinner, 9, 17, 43, 50, 62, 66,  
     168.  
     — broth, Dinner, 37, 83, 168.  
     — cold, Dinner, 19, 36, 167.  
     — croquettes (krō-kēt'), lunch, 82.  
     — left-over, menus for using, broth, 36,  
     83.  
     — croquettes (krō-kēt'), 82, 168.  
     — — pancakes, 19.  
     — — salad, 168.  
     — — scallops, 82.  
     — — pancakes, Lunch, 19.  
     — — roast, Dinner, 18, 36, 81, 167.  
     — — salad, Lunch, 168.  
     — — soup, Dinner, 19.  
 Turnips, lemon, 63.

VANILLA BAVAROIS (bā'vär-wā), Dinner, 62, 110.  
     — blancmange (bla-maunzh'), Dinner, 111. Lunch, 2, 81.  
     — ice-cream, Dinner, 61, 65, 68, 72,  
     76, 79, 81, 88, 98, 102, 108, 180,  
     199. Lunch, 122.  
     — milk jelly, Lunch, 86.

Veal and green pea patties, High Tea,  
     51.  
     — — Ham, Lunch, 51.  
     — — — pie, High Tea, 52, 57, 64, 71,  
     84, 112, 153, 167.  
     — — — Lunch, 15, 83, 86, 98, 185.  
     — — — rice custards, Lunch, 127.  
     — blanquette (blan-kēt') of, Dinner, 67.  
     — casserole (kass'er-ōl) of, Dinner, 45,  
     136, 154, 199.  
     — chops, baked, Dinner, 75.  
     — cold, Dinner, 71.  
     — — Lunch, 66, 77, 101, 106, 114.  
     — — creamed, Lunch, 43.  
     — — galantine, Dinner, 199.  
     — — High Tea, 102. Lunch, 34.  
     — left-over, menus for using, patties, 51.  
     — — salad, 62.  
     — — shepherd's pie, 107.  
     — Marengo (mā-ren'go), Dinner, 34.

Veal, olives, Dinner, 36, 87, 168.  
     — — roast, Dinner, 9, 17, 43, 50, 62, 66,  
     71, 76, 101, 106, 114, 180.  
     — — salad, High Tea, 62.  
     — — scallops, Dinner, 35, 72, 80, 90, 139.  
     — — shepherd's pie, Lunch, 101.  
     — — stewed, Dinner, 85, 98.  
     — — — Lunch, 46, 127, 150.  
     — — — breast of, Dinner, 96.  
 Vegetable broth, Dinner, 22, 36, 38,  
     40, 54, 59, 65, 69, 78, 85, 93, 116,  
     129, 139, 170, 174, 178, 184, 192.  
     — — Lunch, 4, 102.  
     — — curry, Dinner, 171.  
     — — shortcake, Dinner, 171.  
     — — soup, Lunch, 15.  
     — — — brown, Dinner, 61.  
     — — — clear, Dinner, 82, 123, 130.  
     — — stock, 169.  
 Venison, left-over, menu for using,  
     mirotón (mér'ō-ton), 162.  
     — — mirotón (mér'ō-ton) Dinner, 162.  
     — — roast, Dinner, 162.  
     — — steaks, grilled, Dinner, 164.  
 Viennese pudding, Dinner, 64, 89.  
     — — Lunch, 60.  
 Vitamins (vi-tä-minz), xv-xvii.

WALDORF SALAD, 29.  
 Walnut blancmange (bla-maunzh'), Dinner, 133.  
     — cutlets, Dinner, 170.  
     — jelly, Dinner, 21, 77, 152.  
 Waste, to avoid, xiii-xiv.  
 Welsh cheese pasties, Lunch, 172.  
 Welsh rarebit (rab'it), Dinner, 1, 17,  
     48, 57, 126, 145. High tea, 43, 54,  
     71, 105, 109, 115, 120, 145, 163.  
     Lunch, 170, 184, 186.  
 Whitebait, Dinner, 3, 31, 91, 96, 112, 122.  
 Whiting, Dinner, 130.  
 Widgeon (wij'ōn), Dinner, 26, 147, 156.  
 Wild duck, roast, Dinner, 163.  
 Wine jelly, Dinner, 45, 119.  
 Working man, menus for, 193-196.

ZABAGLIONE (zā-bā-glē-ō-nē), Dinner, 54, 91.









